MGH HOTLINE

7 January 1988

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of Massachusetts General Hospital
Bulfinch 1, Extension 2206

Sometimes it's nice to give protection to those who have to be left out in the cold.

Mobil station to become site of new office building

While construction begins on new inpatient rooms, plans are in the works to increase the number of doctors' offices at the MGH.

Hospital Trustees have approved a proposal calling for the construction of a five-story professional office building on the site of the former Mobil gasoline station on Cambridge Street and North Grove Street.

Under the proposal, 16, 2-person offices will be constructed on each of four floors. The Boston Redevelopment Authority (BRA) requires that retail shops—which are expected to include a restaurant, bookstore, and bank—be on the ground level.

"The major purpose of the building," explained Vincent Cucchiara, MGH Vice President for Program and Facilities Development, "is to provide physicians with additional office space that would be in proximity to the main campus of the hospital."

The design of the building will complement that of the Resident Physician's House on the opposite side of North Grove Street.

"We hope that the new building will set off our entrance to the hospital, while hiding the Parkman Street Garage," Mr. Cucchiara added.

The proposal has already been given the green light by the Beacon Hill Civic Association's Zoning and Licensing Committee.

The MGH received approval of the building plans in November from the Boston Zoning Board of

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MGH helps employee rebuild life

While physicians at the MGH worked hard to give Greg Corbin back his health, members of the Maintenance shops are making plans to give him back his home.

Many of his MGH colleagues are preparing to go to work for Greg Corbin.

Mr. Corbin, a welder in the Metal Shop, was hospitalized at the MGH last month following a fire which destroyed his house in Middleboro. One of Mr. Corbin's sons was also hospitalized with smoke inhalation.

Another son, who is 11 and deaf, was credited with saving the family by alerting neighbors of the fire on Atwood Avenue.

"Thankfully, through his [the son's] efforts, we were able to get them out," Captain Donald Duell of the Middleboro Fire Department was quoted as saying. "He's deaf, but he made a lot of noise and attracted the attention of neighbors."

Although Mr. Corbin suffered some burns, his major problem was damage to his respiratory system. Under the care of Dr. John F. Burke, Chief of the Burn Center, and his staff, Mr. Corbin was discharged and is continuing his recovery.

Shortly after the fire, Mr. Corbin's MGH colleagues went down to Middleboro to board up the house. Now plans are being made to restore the residence.

"The most expensive part of any

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Relating to kids not just child play to Achiever

Bob Johnson admits that when he was a child, he would get into a little mischief now and then. But if he did get into trouble, it would always help to have someone to talk to.

Now that he has four children (ranging in age from 26 years to 2 months) and two grandchildren of his own, Mr. Johnson can identify with the problems of young people.

And over the next year, he will have even more of an opportunity to talk and listen to children and adolescents.

Robert U. Johnson, Jr., has just been named a Black Achiever for 1988, sponsored by the Greater Boston YMCA.

For Mr. Johnson, a Group Leader in Central Sterile Reprocessing (CSR), being selected a Black Achiever was completely unexpected.

"When I was first told about it, I thought to myself, 'Hey, do you really have the right guy?' But I'm very honored."

Having just become a father for

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As a Black Achiever Robert Johnson (left) with Dot Hicks hopes to give a helping hand.

A story not just made for TV

Who says there's nothing good on television anymore?

Certainly not Stephen Powers from Chelsea, who inspired by a recent TV show, helped brighten the lives of many children at the MGH over the holidays.

"I was watching the program ALF one night," explained Mr. Powers. "The show was about a man who bought toys for kids in the hospital. It was nice. I guess it got me to thinking that I could do the same thing."

So with the help of his parents and others, the 18-year-old bought

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Possible advance made in SIDS research

Collaboration between an astrophysicist and a pediatrician has provided early clues to a team of doctors about a common form of sudden infant death syndrome (SIDS).

During a sabbatical at the MGH and MIT, Dror Sadeh, Ph.D., Coordinator of the Israeli Space Agency and Professor of Physics at Tel Aviv University, applied some of the sophisticated computer analysis techniques he uses to look at electromagnetic radiation from space to the electromagnetic radiation in infants electrocardiograms, but of a different frequency.

The project also involved researchers from the Harvard-MIT Division of Health Sciences and Technology.

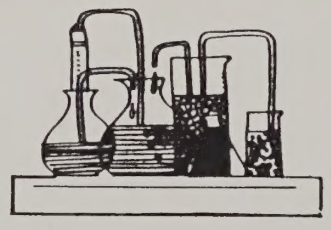
While hopeful that this information may one day help a group of children who may be subject to sudden death, the doctors caution that the work is still in the early stages of research. And no means yet exist to identify at-risk babies.

"Electrical impulses in the body and in space are actually very similar," said Dr. Daniel C. Shannon, Director of the MGH Pediatric Pulmonary Unit. "The frequency in space is different, and the signals are more hidden in background noise. The astrophysicists look upon the analysis of electrocardiographic signals as a piece of cake."

Dr. Shannon believes the new computer technique, developed by the Israeli astrophysicists, both while at the MGH and in Israel, "has a potential to become an important new diagnostic tool for other forms of pediatric and adult heart disease."

The researchers analyzed electrocardiographic recordings from 7,000 babies from England using a new technique that looks at beat-to-beat changes. Of the 7,000, investigators identified ten who died of SIDS weeks to months after the recordings were made. They determined that five of the SIDS babies (50 percent) had an abnormal relationship between the contraction and relaxation processes in the heart.

Dr. Sadeh is principal author of the paper, which was published in the *New England Journal of Medicine.* The doctors do not yet know what other mechanism might be at work in other SIDS deaths. Previous work in Dr. Shannon's laboratories suggests that some babies (up to 10 percent) die of apnea, cessation of breathing. SIDS strikes one in every 500 infants.



When a bearded man in a red suit is a patient in the Respiratory Intensive Care Unit, he has a way of attracting a crowd.

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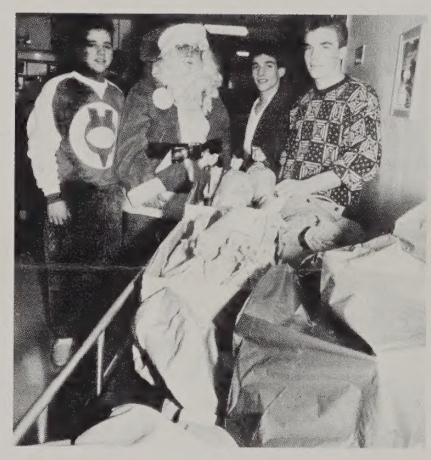
bags and bags of toys for children who would be hospitalized over Christmas.

Not just that, but Mr. Powers and three of his friends—Chuckie and John Zucco, also of Chelsea, and Bobby Catinazzo of Revere—came to the MGH the day before Christmas and spent a couple of hours giving out presents themselves.



Giving was even better than receiving for (left to right) Stephen Powers, Bobby Catinazzo, and Chuckie and John Zucco.

"We were just overwhelmed by their generosity," exclaimed Nancy Ryan, a Staff Specialist in Pediatrics. "It brought such happiness to our children and their families. I think everyone was very touched."

But the Chelsea teen-ager, who is a printing technician, insists what he and his friends did was no big deal.

"It's tough to be away from your family during the holidays," remarked Mr. Powers, who is the oldest of five children. "I was a patient here myself when I was about five or six. Fortunately I was discharged in time to spend Christmas at home. But I knew these kids wouldn't be able to. So I wanted to do the next best thing."

But for many of these children the next best thing was indeed the best thing. Even though they were not able to go home for the holiday, thanks to Stephen Powers and his friends the holiday was brought home to them.

Students can have ACCESS to educational opportunities

The holiday season may be gone, but not the bills.

In addition to paying for the usual gifts for our children, however, some parents are beginning the new year facing the prospect of paying for a college education.

But if you live in Boston, help is available.

ACCESS (Action Center for Educational Services and Scholarships) is a program that provides financial aid information directly to students in the public high schools of Boston.

The ACCESS program consists of the following:

ACCESS encourages students in the Boston public high schools to investigate postsecondary education through the use of individual conferences and group workshops.

ACCESS provides assistance with the application process for both public and private sources of financial aid. ACCESS also helps students communicate with organizations such as the College Scholarship Service and post-secondary institutions.

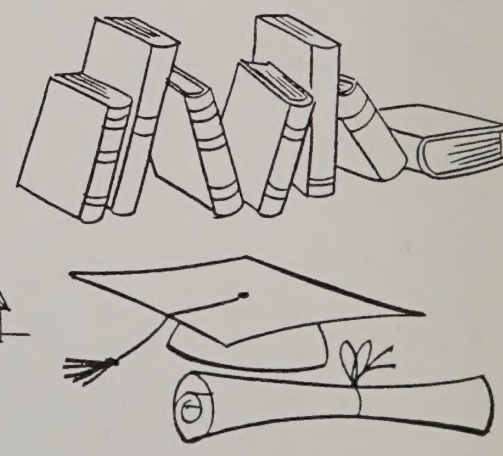
ACCESS offers "last dollar" scholarships to the extent necessary and possible. These scholarships are designed to help close the gap between the total resources available to the students and their families, and their budgetary needs.

The ACCESS Scholars Program communicates with the students while they are completing their postsecondary education through newsletters and announcements.

ACCESS also offers a summer preparatory program.

In 1986, ACCESS awarded approximately $128,000 to 245 freshman and sophomore Scholars, with awards ranging from $100 to $1,200.

ACCESS is one of four programs of the Boston Plan for Excellence in the public schools. Financial assistance to launch operations of the program came from the Massachusetts Higher Education Assistance Corporation, the Polaroid Corporation, and the Boston Foundation. In addition, in 1985, New England Mutual Life Insurance Company (now called The New England) announced a $1 million gift to initiate an endowment fund for ACCESS.



ACCESS helps make sense of the complex and impersonal procedures and regulations and tries to reach students on a personal level. As Mario Pena, Executive Director of the Boston Plan for Excellence put it, "We are trying to help kids overcome the insensitivity of the system."

For more information on ACCESS, students should contact their high school guidance counselors.

Achiever

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the fourth time, Mr. Johnson has always had a special love for children. And now he will be able to show it beyond his own family.

"I don't really consider myself to be a role model," he said modestly. "But I'd like to think I can help. Kids need to relate to somebody, a person who will pay attention to them. So often they don't have anyone to talk to, and sometimes that's how they get into trouble. They have too much time on their hands."

Having too much time is one thing Mr. Johnson has never had to experience in his job at the MGH.

"In CSR, we are responsible for all the sterilization of machinery and equipment, including such things as instruments, O.R. packs, towels, and sheets," he explained. "We work around the clock. It's an interesting job. It's always a challenge."

As CSR Group Leader, Mr. Johnson directs the activities of 12 employees and makes sure that the sterilization equipment is functioning properly. And because of his job performance, he will soon have new responsibilities as Assistant Supervisor.

Even in the middle of winter, the Patient Activity area of the Warren Lobby often looks like spring, especially just before it's time to make deliveries.

"Bob has done a fantastic job for us," asserted Agnes Flaherty, Manager of CSR. "He's been a definite asset to the department and has had a positive impact on the operation in Materials Management."

Although he has been employed at the MGH for nearly eight years, Mr. Johnson has not always worked in CSR.

"I was originally hired by the hospital as a senior animal technician in Gynecology on Vincent 1," he explained. "I did that for about two and a half years until the funding ran out. That's when I came here."

If there was a turning point in Mr. Johnson's life, it occurred several years before he came to the MGH, half way around the world.

"I was in the Marines for four years and was stationed in Vietnam for one," he noted. "That experience had a great impact on me, even though I didn't see any combat. I was mainly a driver, although I did help build an airstrip. I've always been good with my hands."

And now, the MGH employee can give a helping hand to others.

"It's a little scary because it's such a big responsibility," he said. "If there is one thing I would like to tell kids it is if you can't do something, don't be afraid to admit it. And then ask to be shown so you can learn."

Mr. Johnson will join other Black Achievers from the Boston area in being honored at the Marriott Hotel at Copley Place on Friday evening, January 15.

Rebuild

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rebuilding project is the cost of labor," said Robert Smith, foreman of the Metal Shop. "We feel that at the MGH, we have the best craftsmen in the business. And the guys really wanted to help. So they've decided that when the time comes, they will do all the work at the house."

Labor, however, is just one cost in rebuilding. Materials is another. But that is being taken care of, as well, at least in part.

"We've established a fund for the family," said Mr. Smith. "Anyone who would like to donate can send money to the 'Gregory Corbin Building Fund,' in care of the Mayflower Cooperative Bank, P.O. Box 311, Middleboro, Massachusetts 02346.

Mr. Smith explained that he's been pleased by the support being shown to the MGH employee and his family. But he's not surprised.

"That's the kind of place this is," said the Metal Shop foreman. "When someone's in trouble, there are always a lot of people who can't wait to help."

In General

Dr. Patricia K. Donahoe, a Woman of the Year.

Dr. Patricia K. Donahoe, Chief of Pediatric Surgery, has been named one of *Ms. Magazine's 1987 "Women of the Year."* Dr. Donahoe's research into female reproductive cancer led to the manufacture of a hormone called MIS that has been shown to repress tumors of reproductive organs in mice.

Yvonne L. Munn, Associate General Director and Director of Nursing, was one of the participants at the First International Institute on Executive Nurse Leadership, held recently in London. Ms. Munn was one of 50 distinguished nurse executives from the United States and the United Kingdom to discuss the role and future development of nurse executives in both countries.

Rita D. Zielstorff, R.N., M.S., an Associate Computer Scientist in the MGH Laboratory of Computer Science, was recently reelected to the Executive Committee of the American Nurses Association Council on Computer Applications in Nursing. The Executive Committee leads the Council in promoting the use of computers in nursing, establishing standards for computer systems for nursing, and defining issues related to computers that are important for nursing.

The MGH International Health Issues Club presents its second in a series of three forums on AIDS. Peter Van Etten, Chairman of the Massachusetts Hospital Association's AIDS Planning Committee, and Laurie Novick, Coordinator of Advocacy and Social Services for the AIDS Action Committee, will speak on the Responsibility of Health Care Institutions to People with AIDS and the AIDS Crisis. The forum will be held on Wednesday, January 20, from noon to 1 p.m. in the Shriners Auditorium. (The third forum will be held on Wednesday, March 30, from noon to 1 p.m., also in the Shriners Auditorium. Dr. Thomas Quinn of Johns Hopkins, a well-known AIDS researcher, will speak about AIDS in the Third World.)

Dr. Steven M. Dubinett recently won the *Cecile Lehman Mayer Research Award,* given annually to an investigator for the most outstanding verbal and written presentation of a basic research project. It was presented at the annual scientific assembly of the American College of Chest Physicians. Dr. Dubinett's work, which involved a combination therapy with interferon-gamma, interleukin-2, and activated lymphocytes, was performed in the pulmonary and immunopathology units in conjunction with **Drs. Richard Kradin** and **James Kurnick.**

Nina Wilson, a second-year Institute of Health Professions nursing student, was the 1987 recipient of the *Ruth Sleeper Scholarship Award,* presented by the MGH Nurses Alumnae Association. The Scholarship is awarded each year for academic and clinical excellence.

The 25th anniversary party of Clinical Administration gave many people a chance to renew old acquaintances.

For one construction worker at the Tower site, a long day turns into night.

Office Building

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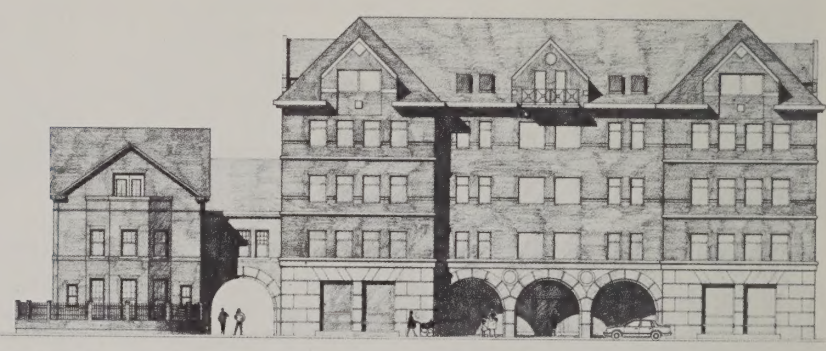
Appeals.

It is hoped that the project can begin right after the first of the year. It is expected to take between 12 and 18 months to complete.

Plans for the project have been under way since the gasoline station closed. The hospital has signed a Purchase and Sales agreement with Mobil and expects to finalize the acquisition of the land in early 1988.

Once a place to stop in for a tune-up...



Will soon become a place to come in for a check-up.

Retirements

December, 1987

Congratulations and best wishes to the following employees who have recently retired:

October, 1987

Marjorie Landers, Social Service, 40 years

Mary Bradley, Dermatology, 27 years

Jennie Monroe, Operating Rooms, 25 years

Marie Jean-Pierre, Environmental Services, 18 years

Molly Oliver, Chemistry Lab, 17 years

Helen Burns, Dietetics, 13 years

Beatrice Galdamez, Dietetics, 11 years

November, 1987

Albert Hill, Information, 18 years

Lynnett Williams, Dietetics, 16 years

Raymond Laseter, Environmental Safety, 10 years

Grace Warren, Treadwell Library, 10 years

Florence Wilson, Nursing, 25 years

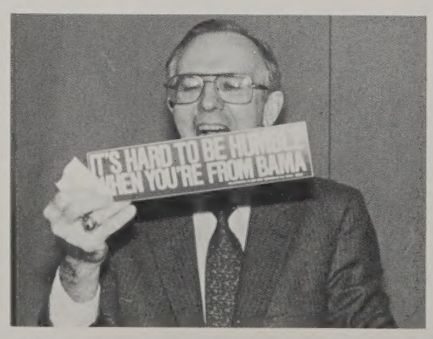
Many members of Bigelow 12 did not want to be left out in saying good-bye to Florence Wilson (right foreground).

Peter Dabreo, Environmental Services, 21 years

Marie Kelleher, Infection Control Unit, 19 years

Henry LeClair, Refrigeration, 18 years

George Yakes, Central Supply Room, 12 years



If Ray Laseter, who recently retired as Director of Safety, had a second love besides the MGH, it was his home state of Alabama.

John Mazurkiewicz of the Metal Shop tries to see light at the end of the tunnel as he makes repairs to a laundry shoot in the Gray Building. Assisting were Bill Belyea, also from the Metal Shop, and Louis Panzini and Felix D'Amore, both from General Construction.

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MGH HOTLINE

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7 April 1988

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MGH AIDS committee tackles tough issues

by Scott Davis

They meet every month in the Trustees Room on White 1.

They are physicians, nurses, social workers, technicians, and a Human Resources specialist.

They come together to talk about what action to take now and in an uncertain future to help patients and staff address the challenge of a new virus and a worldwide epidemic.

For nearly three years the MGH AIDS Committee, a subcommittee of the General Executive Committee, has been meeting to discuss AIDS policies as they pertain to the MGH.

"It's a diverse group of people," explained Dr. George P. Baker, Chairman of the Committee. "We are often divided on many issues, which has led to some interesting discussions. But as a result of these discussions, a useful consensus decision can often emerge."

On one issue, however, there is no debate. Unless a vaccine or cure for the virus is found, the number of cases worldwide will continue to increase. And also the number of deaths.

The Centers for Disease Control report that between June of 1981 and December 7, 1987, 48,139 cases of AIDS were reported. And of that number, 57 percent—or 27,235 people have died.

In the Infectious Disease laboratories on Gray 4, MGH researchers have been hard at work for most of this decade trying to get a handle on Acquired Immune Deficiency Syndrome, or AIDS. And although no one has yet found a cure for the virus, much progress has been made in what we have learned about the disease, a significant part of it contributed by the hospital.

"We know a lot more about AIDS than we did even a few years ago," stated Dr. Martin S. Hirsch, Director of the Virology Laboratory and one of the MGH's chief researchers on AIDS. "In fact, never has so much been learned about a disease in as short a period of time. But there is so much more we need to know."

Among the questions that MGH researchers are now trying to

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Members of the AIDS Educational Task Force hope employees will be able to distinguish between fact and fiction when it comes to AIDS.

MGH is on the move

If you've been knocking on familiar doors lately, but discovering unfamiliar faces, don't worry; you're not going crazy. Many MGH departments have moved.

The moves, begun last fall, are largely in response to the over 170 construction and renovation projects now in progress at the MGH. For instance, the Volunteer and Security Departments have relocated to accommodate the new cardiac catheterization lab being built on Gray 1 and due for completion by October 1988.

As well, many departments have moved in search of less cramped and more efficient quarters. Purchasing and Materials Management have relocated to more efficient office space at MGH Somerville, 121 Innerbelt Road. Receiving, however, remains in the Gray

Basement until later this spring when it too will move to Somerville. A Materials Management Information Center employee will be available in the Gray Basement each Tuesday from 9:00 am to 12:00 noon to resolve issues with inventory and cost center reports.

"The moves are going ticketyboo," says Mike Standley, Director of Planning. "Everybody's pitching in and working very hard to make it come off."

Recent moves at MGH include:

Admitting to Gray 1

The cashier's office to Bulfinch 1

The chaplain's office to Vincent-Burnham 2

Clinical Administration to Phillips 1

Dialysis offices to Bulfinch 1

News and Public Affairs to Bartlett 9

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Inside

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Padihershef is museum-struck again

"Hail to you, Osiris," reads the inscription on the outer coffin of the mummy Padihershef. "Hail to you, Osiris, foremost of the Westerners, who dwells in Abysos. May you allow me to proceed in peace to the Beautiful West."

But if Osiris, the Egyptian god of the underworld, made any promises, he lied. Padi was expecting a solemn journey by boat to a place of peace and immortality. Instead, he got a wicked ride across the waters of the North Atlantic, in a tiny American trading ship called the Sally Anne.

On May 4, 1823, Padihershef was the first Egyptian mummy with complete burial ensemble to come to America. Brought across the seas as a gift from a Dutch merchant named Jacob van Lennep, he was given to the Massachusetts General Hospital.

Padihershef, whose name means "one who is a gift of the god Hershef" (a minor ram's-headed deity), was a stonecutter in Ancient Thebes during the 26th dynasty, (664 to 525 B.C.).

As a stonecutter, he dug tunnels in limestone cliffs on the banks of the Thebes and was often plagued by heat, dust, and noise.

Padi arrived in America with his two human shaped coffins made of sycamore—one coffin nestled inside the other. The coffins are brightly painted with images of protective gods, prayers, and symbols, many of which relate to the god Osiris.

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Padihershef was on the move again, and loving every minute of it. PC/Paul Batista.

What's happening? Well...

MGH staffers help with medical exhibit at the Museum of Science

The mummy Padihershef is not the only MGHer at the Museum of Science this month. MGH personnel have helped staff a series of exhibits celebrating the NIH Centennial entitled, "Medical Challenges: The National Institutes of Health Celebrates a Century of Science for Health," which opened at the Museum of Science February 6, 1988.

The exhibit will run through April 24, fully staffed by medical professionals on the weekends and during the entire school vacation week of April 18.

The AIDS exhibit in the series, which was developed and designed by members of the MGH AIDS Educational Task Force, will remain until May 1.

MGH staff along with staff members from other Boston-area hospitals will man hands-on medical exhibits about aging, arthritis, and how muscles work—April 9-10.

MGH personnel from the Blood Transfusion Service were on hand in February to explain to patrons blood donation, storage, and freezing techniques.

Also, 40 other exhibits situated throughout the museum have been creatively labeled by Dr. Nelson Kiang of the MEEI and some of his HST students, to show the relationship between basic science and health research. MGH is the chair of the Massachusetts Committee for the NIH Centennial.

Cancer support group can help

From the moment of diagnosis, cancer can cause crisis and upheaval in the lives of patients, family, and friends. The Social Service Department of the MGH is responding to this need by offering several free short-term cancer support groups throughout the year. The goal of the groups is to provide a safe, supportive environment in which members can share resources and ideas as well as discuss issues and concerns facing them. For more information contact Evelyn Malkin, Wednesdays, Thursdays, or Fridays at ext. 8187.

How to survive a malpractice suit

A two-hour workshop will be given on how to survive a malpractice suit, April 14, 1988 in the Auditorium at the Shriners Burns Institute. The workshop, entitled "Surviving an Allegation of Malpractice," is sponsored by the MGH and the Risk Management Foundation of the Harvard Medical Institutions.

The program goes beyond traditional presentations about the claims and litigation process and looks at how physicians can better prepare themselves to manage the stressful time following a malpractice allegation. The program will also focus on skills that help present the physician's case most favorably and ways to prevent malpractice claims. For more information contact Diane Falter of the Risk Management Foundation at 495-5100.

Summer courses at the Institute of Health Professions

The MGH Institute of Health Professions will offer several exciting courses in its 1988 summer term. Dietitians, nurses, physical therapists, and other health professionals with bachelor's degrees are invited to choose from a variety of courses, including:

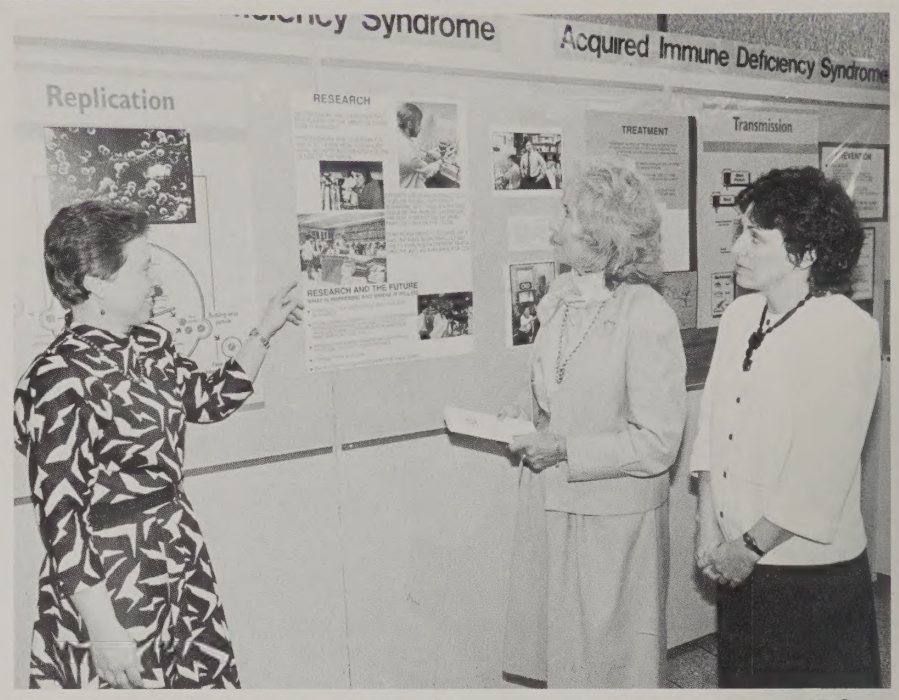
- Ethical Issues in Health Care
- Managing Health Care Resources in the 1990s
- Manual Therapy: Spine
- Sports Injuries II: Evaluation and Management
- Teaching Skills for the Health Professional
- Issues in Ambulatory Care Nutrition
- Social Support in Sickness and Health: Coping with Stress and Transition

Applications and a complete listing of courses, schedules, and instructors are available from the Special Student Admissions Office, Ruth Sleeper Hall, ext. 3140.

The Children's Service holds research symposium

The MGH Children's Service will hold its Annual Research Symposium in Walcott Rooms 2 & 3 of the Wang ACC on Tuesday, April 26, from 8:30 am - 2:00 pm. The symposium will consist of a series of presentations by members of the Service, chaired by Dr. Donald N. Medearis, Chief of the Children's Service. The presentations will be followed by Pediatric Grand Rounds at noon with guest lecturer, Dr. Joseph Warshaw, Professor and Chairman, Department of Pediatrics, Yale University School of Medicine, and formerly of the MGH. The topic will be "Perspectives on Fetal Growth."

The day will end with a cocktail hour and poster session followed by dinner. For further information contact Dr. Ronald Kleinman's office at ext. 2930.



Linda Lass-Schuhmacher, R.N. points out key aspects of the AIDS exhibit to Kay Herd, R.N. and Dr. Katherine L. Bick, NIH.

Panel discusses the Heckler Report

The Black Health Organization of HMS will present a panel discussion entitled "Two Years Beyond the Heckler Report: Persistent Inequalities in the Health Status of Minorities," on Saturday, April 9, from 1:00 - 4:00 pm. The panel will address issues concerning infant mortality, chemical dependency, homicide, suicide, and AIDS. The free program will be held at the Medical Education Center, at Harvard Medical School. Contact Cheryl Dorsey, 735-9137, for more information.

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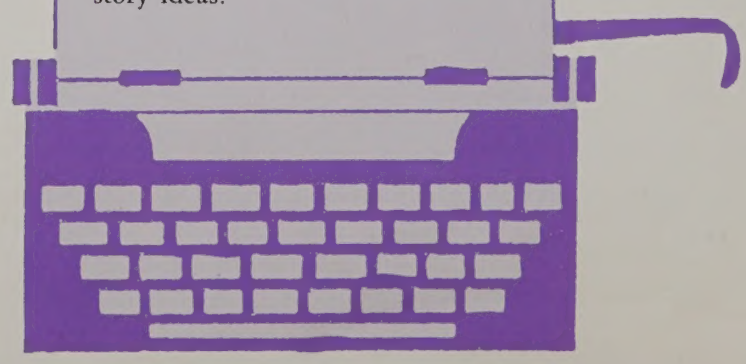
THE HOTLINE has a new editor

Scott Davis has gone off to whip the public affairs department at Somerville Hospital into shape, and I have taken over as editor of the Hotline. A year and a half ago, I left my job as coordinator of community relations for a social service agency in Austin, Texas, and drove my rickety yellow Volkswagon to Boston. After watching over the public affairs department at Earthwatch, I decided to leave the earthlings behind and find a place I could call Dome. I hope this is it. My name is Kennetha, and I can be reached at ext. 2207. So let me know what's going on, and I'd love to hear your bright story ideas.



Padi didn't go by boat this time, but took a ride down Storrow Drive to the Museum of Science. PC/Paul Batista.

Padihershef

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But if Padi trusted Osiris to provide him safe passage into the underworld, he trusted the wrong god. And if Padi thought he would be laid to rest, again he was wrong. Indeed, life was just beginning for the 2500-year-old mummy when he arrived in Boston.

First, Padi got a job as a fundraiser and toured eastern cities for one year to raise money for the new hospital. The curious paid 25¢ to view Padi, and the mummy eventually raised $1,500 for the hospital.

After the tour, Padi was placed in a specially constructed wood and glass case in the Ether Dome, where he remained until 1879. At the MGH, he was given his first physical exam by eminent surgeon and MGH cofounder Dr. John C. Warren. And here, 23 years later, he watched as Dr. Warren painlessly removed a tumor from a patient's neck, using anesthesia in a public demonstration for the first time. "This, gentlemen, is no humbug," he may have heard Dr. Warren say.

Padi has indeed been a silent observer of American medical history. In 1931, mysterious and newly discovered rays passed through his body illuminating and photographing the physical structure beneath the 25 layers of linen wrappings which cover the mummy. Padi must have felt naked to the eyes of Dr. Edward D. Churchill, who ordered the X rays, and to the many people who subsequently viewed the films.

In the early 1970s, Padi was again subjected to close scrutiny when Dr. Jack Dreyfuss, Associate Clinical Professor of Radiology, took X rays of his neck and skull, and interpreted the Churchill X rays.

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AIDS

from page 1

answer are how does the virus affect the body's immune and nervous systems, how does the body respond to the virus, what antiviral drugs can be developed to treat infections, and how is AIDS spread from mother to child.

"These are some of the questions that scientists need answered if we are to make more progress in coming up with a vaccine or a cure," said Dr. Hirsch. "We still have a long way to go."

Dr. Hirsch and other members of the Infectious Disease research team, including Dr. Robert T. Schooley, Dr. Perry Pate, and Teri Flynn, RN, follow as many as 15 AIDS inpatients and many more on an outpatient basis.

Setting guidelines for the treatment of patients is one of the reasons for the formation of the AIDS Committee in the hospital.

"Our purpose is simply to come up with policies that protect our employees while helping patients," said Dr. Cyrus C. Hopkins, hospital epidemiologist and a member of the Infectious Disease Unit.

"Through research, we hope there will be a cure, but through education, we hope to make a difference in what people know about AIDS and how they can avoid getting it."

—Kay Herd, R.N.

Among the issues taken up by the Committee are policies concerning equipment, testing, and procedures, as well as ethical and administrative concerns.

"We have spent a lot of time discussing the need for 'universal precautions,'" noted Dr. Hopkins. "We've followed these on an informal basis since May, but now the hospital is moving to a more formal acceptance of these procedures."

The idea behind "universal precautions" is for all health care workers to treat their patients as if they are infectious.

"The danger of health care workers contracting AIDS is minimal," stated Dr. Hopkins. "It's distinctly less than the risk of getting hepatitis B. There have been only three reported cases of health care workers nationwide contracting AIDS, none from the MGH. But at the same time, it's important to be careful."

Much of the responsibility for educating employees about AIDS has been undertaken by the AIDS Educational Task Force at the MGH, an ad hoc group of the AIDS Committee.

"Our group has sponsored more than 70 lectures in the hospital since last May," said Maureen Spencer, Infection Control Clinician in the Infection Control Unit. "We also hold workshops for nurses, sponsor an AIDS Awareness Week for employees, and handle many calls about AIDS each day."

One of the most frequently asked questions is also one of the most basic...how can you catch AIDS?

All the evidence accumulated to date suggests that AIDS is not an easy disease to contract. It is

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MGH at the forefront of AIDS research

The MGH has been in the forefront of AIDS research. Among the major advances developed in the hospital's Infectious Disease laboratories are:

October, 1984—Researchers for the first time isolated in the semen of a healthy homosexual male the virus believed to cause AIDS. This confirmed what doctors had suspected that a healthy individual could be a carrier possibly infecting others through sexual contact while remaining free from disease himself.

December, 1984—Researchers at the MGH and Westchester County Medical Center determined that hospital workers who are exposed to AIDS patients appear to be at low risk for contracting the disease or for developing antibodies to the Human Immunodeficiency Virus (HIV), the virus believed to cause AIDS.

March, 1985—Researchers determined that interferon, a naturally produced protein, may be effective in fighting HIV, but that patient trials would be needed.

March, 1986—Investigators for the first time detected HIV in the genital secretions of women treated at Boston City Hospital and known to be at risk for AIDS. Researchers stressed, however, that while the finding showed that the virus can exist in the secretions, they had not yet proved that the AIDS virus is transmitted by females to males during sexual intercourse.

June, 1986—MGH scientists found that HIV can infect the brain at an early stage of infection. This finding helps explain many of the neurologic and psychiatric syndromes associated with AIDS and also complicates the treatment because it requires a search for an effective antiviral drug that can reach the brain.

September, 1986—Studies done at a number of institutions including the MGH showed the effectiveness of an experimental drug azidothymidine (AZT) in prolonging life for AIDS patients. They stressed, however, that AZT is not a cure for AIDS.

March, 1987—Researchers determined that two drugs, AZT and ribavirin, which separately had been reported to be beneficial against infection with the AIDS virus, antagonize each other when combined in laboratory tests.

July, 1987—Infectious disease specialists in collaboration with scientists at the National Institutes of Health showed that subjects infected with HIV produce certain killer cells that can attack cells infected with the AIDS virus. This discovery may help in the search for an effective AIDS vaccine.

September, 1987—A substance derived from the horse chestnut tree is shown by MGH and Dana Farber researchers to have antiviral effects and will ultimately be tested with patients.

December, 1987—Investigators found HIV in the retina (tissue in the back of the eye) of several patients, further expanding the spectrum of disease associated with HIV. Further study will be needed to determine how often the visual difficulties that occur with AIDS are caused by the virus.

AIDS

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spread primarily by sexual contact, needle sharing, or until 1985, through infected blood or its components. There is no evidence that AIDS can be transmitted through saliva, tears, air, water, insects, or nonsexual interpersonal contact.

"We seem to get many of our calls right after there is a lot about AIDS in the media," explained Ms. Spencer. "There is often some misunderstanding or even misinformation given out. That's why we encourage people to call us."

The MGH also has a new AIDS Nurse Clinician. She's Kay Herd, who has just begun as Chairman of the AIDS Educational Task Force.

"My job is to be the resource person for patients and staff," she explained. "I also help employees deal with issues relating to HIV employee exposures."

Ms. Herd recognizes the need for the staff to be careful when handling blood and body secretions from patients but insists it's not necessary to go overboard.

"For example, there's no need for people to wear gloves or goggles when they are routinely caring for their patients and not coming in contact with their blood," she remarked. "At the same time we understand that due to the very nature of the disease, health care workers need to protect themselves."

But all those involved in AIDS research and Infection Control insist that by exercising some simple safety precautions, health care workers can minimize their risk of exposure.

"Through research, we hope there will be a cure, but through education, we hope to make a difference in what people know about AIDS and how they can avoid getting it," said Ms. Herd.

Employees wanting to ask personal questions about AIDS or having questions about exposures should call Kay Herd at Ext. 2249. She is also available to assist in nursing care planning and to provide support and guidance to MGH employees. Any questions regarding research at the MGH should be addressed to Teri Flynn at Ext. 3819.

The MGH HOTLINE is published twice monthly by the MGH News Office.

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Photos processed by MGH Photo Lab

What's happening

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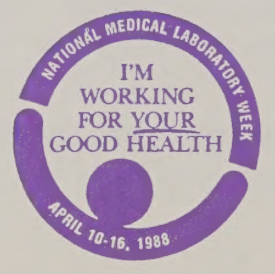
MGH celebrates National Medical Laboratory Week

"Our Knowledge, Skills, and Dedication-For Your Good Health" is the theme for National Medical Laboratory Week, April 10-16. The purpose of this celebration is to inform the public of the vital role laboratory professionals play in health care. Approximately 250,000 certified laboratory personnel in the United States, including pathologists, medical technologists, laboratory scientists, specialists, technicians, and assistants comprise the third largest segment of the medical services industry.



Celebrants at the MGH will stress the importance of laboratory workers in the treatment of illness. A booth in the Wang ACC lobby will highlight Blood Banking and Cytopathology on Tuesday, Wednesday, and Thursday, April 12-14 from 10:00 am - 3:00 pm. Several high school and college students will be invited to tour MGH clinical laboratories, and a pictorial of the laboratories will be displayed along the corridor across from the chapel.

Moving

from page 1

Patient Care Representatives' office to Bulfinch 1

Purchasing and Materials Management to MGH Somerville

Security office to Clinics Basement

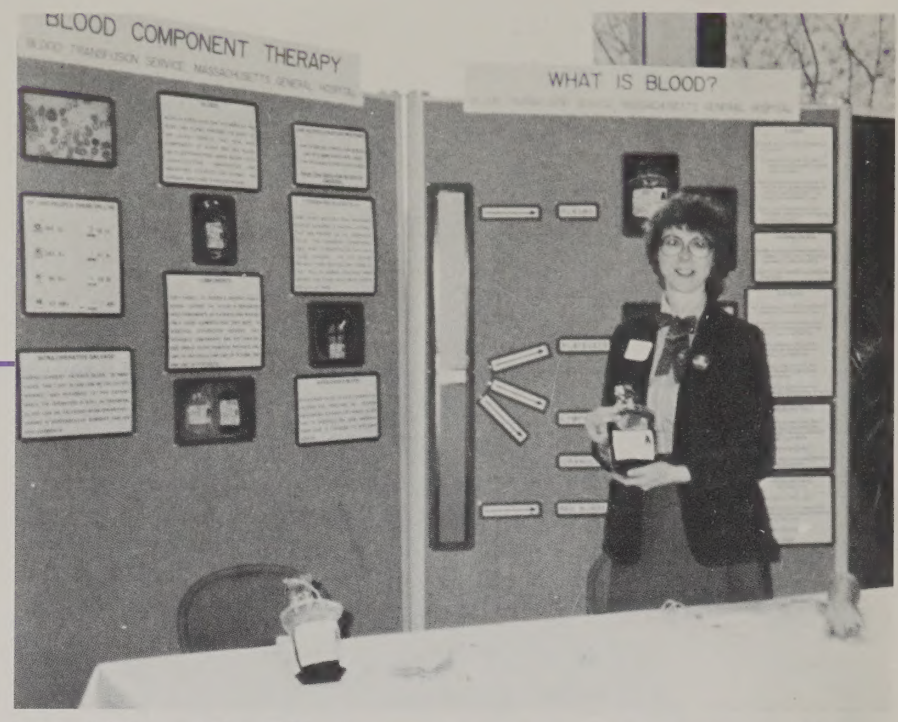
Volunteer office to Vincent-Burnham 2

The following offices have moved to the Charlestown Navy Yard complex, (MGH East):

Computer Services, 10th floor
Fiscal Affairs, 8th floor
Inpatient/Outpatient Billing, 9th floor
Professional Services Corporation, 9th floor

Shuttle bus service will run from MGH to MGH East and MGH Somerville, departing the main campus at Blossom Street fifteen minutes after the hour, every hour, from 9:15 am until 4:15 pm, Monday through Friday. Buses will service MGH Somerville and MGH East via the Bunker Hill Health Center, departing the main campus at 9:45 am, 10:45 am and 12:45 pm, Monday through Friday. Shuttle bus schedules are available from Materials Management.

Extensions for relocated departments will remain the same.



Linda White, of the BTS, shows what we're made of at an exhibit at the Museum of Science. A booth like this one will be set up for National Laboratory Worker's Week.

Padihershef

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To the shock of everyone, including Padihershef, they discovered that he had no neck! Several vertebrae that should have made Padi's neck were mysteriously missing. In fact, Padi's head was precariously attached to his body and literally could be lifted off.

The X rays showed the thoracic organs had been removed. It was common for Egyptian embalmers to remove certain organs and place them in "canopic jars," which were buried with the deceased.

The X rays also showed that Padi, who died in his late 40s, suffered from hip and knee problems, curvature of the spine (scoliosis), and several loose and missing teeth probably due to gum disease (periodontitis). Padi is also missing two ribs, perhaps removed to make embalming easier, and shows "growth arrest lines," which according to Dr. Dreyfuss are signs of childhood or adolescent illnesses.

More recently, mummies have undergone sophisticated computer tomography (CT) scans to reveal that the ancients suffered from arthritis, brain tumors, and abscessed teeth, just like people today.

But despite his physical problems, Padi's wanderlust continued. He spent 13 years at the Museum of Fine Arts. In 1896 he returned to the MGH where he stood in waiting with both coffins, until 1932 when his outer coffin went to the George Walter Vincent Smith Art Museum in Springfield. In 1984, he was restored and reunited with his outer coffin for an exhibition at the Springfield museum celebrating the common man in Egypt.

The outer coffin remained in Springfield after the exhibit, and Padi returned to the MGH to witness several more years of medical grand rounds in the Ether Dome. But alas, Padi is on the road again.

Cameras, lights, action! Smile!

And it seems Padi did smile in response to all of the attention—the rapid, metallic, swish-click of reporters' camera lenses. On March 15, 1988 he was gingerly lifted from his case and placed in a 21st century bubble made to transport nuclear accident victims.

Instead of going by river as he would normally have done, he was transported by van down Storrow Drive to the Museum of Science. There, he will be part of the Ramesses the Great exhibit which debuts on April 30 and runs through August 30, 1988.

More than 70 priceless treasures from the reign of Egypt's highly celebrated pharaoh will be on display, including a 3000-year-old, 57-ton, two-and-one-half-story Colossus housed in a specially built temple in front of the Museum. Other exhibits will feature everyday items of average ancient Egyptians, which should make Padihershef, the only mummy on display, feel right at home.

MGH HOTLINE

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Social workers are an important part of the health care team

by Karen Smith

A 70-year-old woman with the beginnings of dementia lives with her single working daughter who suffers chronic back pain. The mother slips and is rushed to the hospital with a fractured hip. The daughter soon realizes that her mother will require too much care at home and begins thinking about nursing home placement. Who can help the daughter and mother make this difficult choice?

A 29-year-old man is hospitalized with pneumonia. After performing diagnostic tests and asking historical questions, his doctor discovers the man has AIDS. The patient is terrified of telling his parents because he is unsure how they will react. Who can help this patient decide how best to approach his family and help him through this illness?

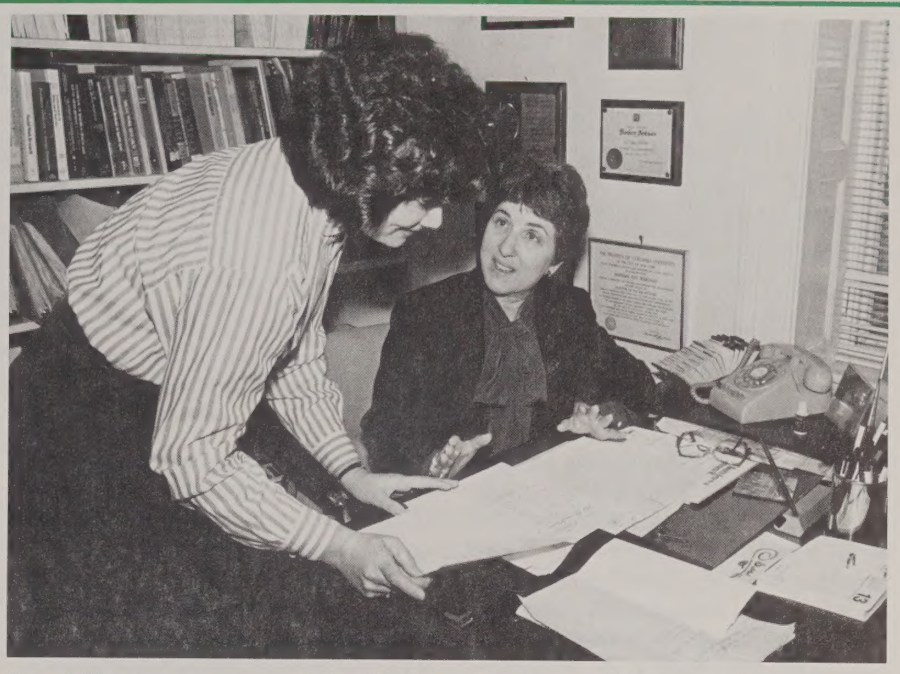
An 8-year-old child is seen in the outpatient department because he has trouble concentrating in school and often picks fights with other children. A careful evaluation reveals that marital problems exist at home. Who can help?

In each of these situations, clinical social workers trained in family and individual treatment are invaluable.

Social workers help patients cope with difficulties in living, as well as the emotional, psychological, social, and financial impact of illness. From acclimatizing a patient to the often technical environment of the hospital, to helping patients and families with difficult decisions, to ensuring that patients have the appropriate support systems after discharge, social workers are valued members of the health care team.

Here at the MGH, the Social Service Department, directed by Ms. Evelyn E. Bonander, includes clinicians, researchers, continuing-care nurses, and executive and administrative support staff. Social workers provide individual, group, and family counseling and various other support services on all pediatric and adult inpatient units, including dialysis, transplant, E.W., psychiatric inpatient, and the burn unit. Social workers also staff the outpatient clinics, including the three satellite clinics at Chelsea, Revere, and Charlestown, and are on-call 24 hours a day for emergencies.

The MGH Social Service Department, founded in 1905, was the first hospital social service department anywhere.



Carol Mastromauro and Dr. Barbara Berkman, Director of Research for the Social Service Department, discuss a paper on ethical issues in genetic testing.

In their own words

March was National Social Work month in recognition of the important roles social workers perform. Here, MGH social workers describe what they do and why.

Ms. Evelyn E. Bonander has been the director of the MGH Social Service Department for the past 2½ years. She hails from St. Louis where she was director of the Social Service Department at the Barnes Hospital, Washington University Medical Center.

Social workers are available to all patients in the hospital and their families. In many ways we are a full-service agency located within the hospital. A central mission is to enable patients and families to effectively use medical care at the MGH.

One unique contribution, remarks *Ms. Bonander,* is our focus on working with families. We provide care to the family to enable them in return to be of support to the patient.

Ms. Carol A. Mastromauro is a member of the MGH Social Service Department and a social worker and researcher for the Huntington's Disease (HD) Research Center directed by Dr. Joseph B. Martin, Chief of Neurology. Her responsibilities include the assessment of the psychosocial impact of genetic testing for Huntington's disease.

In the summer of 1986, says *Ms. Mastromauro,* we began to put the Huntington's disease genetic marker into clinical use. (In 1983 a team of MGH researchers led by Dr. James F. Gusella discovered the first Huntington's disease marker, and thus prepared the way for testing of "at risk" members of HD families.)

I currently spend much of my time seeing people who are coming in to be tested. We discuss the reasons they want to be tested and what they expect the impact to be emotionally and in terms of their future plans.

I also am involved in the follow-up of these patients—to see if the test has changed their lives in the way they thought it would.

Ms. Marilyn C. Schwartz is the Unit Supervisor for Adult Psychiatric Social Service. She has been with the department for 20 years.

Among the things we do is we see people for intake, evaluation, short- and long-term treatment. We work with patients who have chronic psychological problems, who need ongoing support. We see older people who are having problems. We see younger people too. It goes across the board.

Mr. Ken R. Scheublin is supervisor of pediatric Social Service. He and five other social workers cover the 83 beds in pediatrics. *Mr. Scheublin* has been with the hospital for 18 years.

It's the Social Service Department in the Children's Service that primarily is responsible for helping families through hospitalization. A child's illness disrupts the whole equilibrium of the family. But the child's well-being depends on how the family is coping.

It's the social worker's responsibility to target problems and implement a plan—to deal with the psychological issues of the patient and the family and how they interact with environmental problems like school, home, finances.

There is an educational component to what we do. For instance, one of the social workers co-leads a support group for families of

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The 3¢ Paul Dudley White Stamp makes the difference

Well it costs more now to write home to mother. In fact, as of April 3, 1988, postal rates increased from 22¢ to 25¢ to mail a first class letter.

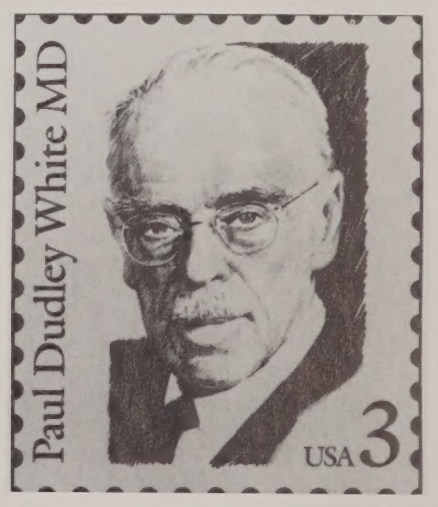
But to make up the difference and to remember another MGH stamp on history, you might want to purchase the Dr. Paul Dudley White 3¢ Great Americans Series stamp.

The stamp was issued September 15, 1986 at the Tenth World Congress of Cardiology to commemorate the 100th anniversary of Dr. White's birth.

Christopher Calle based his design for the stamp on a photograph of Dr. White taken in 1969 by Fabian Bachrach.

According to a U.S. Postal Service spokesperson, one billion, 174 million, 200 thousand Paul Dudley White stamps have been printed to date. The postal service anticipates a run on the 3¢ stamps as people seek to supplement 22¢ stamps they may have already purchased.

For decades, a leading authority on cardiovascular disease and a pioneer in its diagnosis, treatment, and prevention, Paul Dudley White is today recognized as the



"Father of American Cardiology."

As founder of the MGH Cardiac Unit and its director for 34 years, he was one of the first in the

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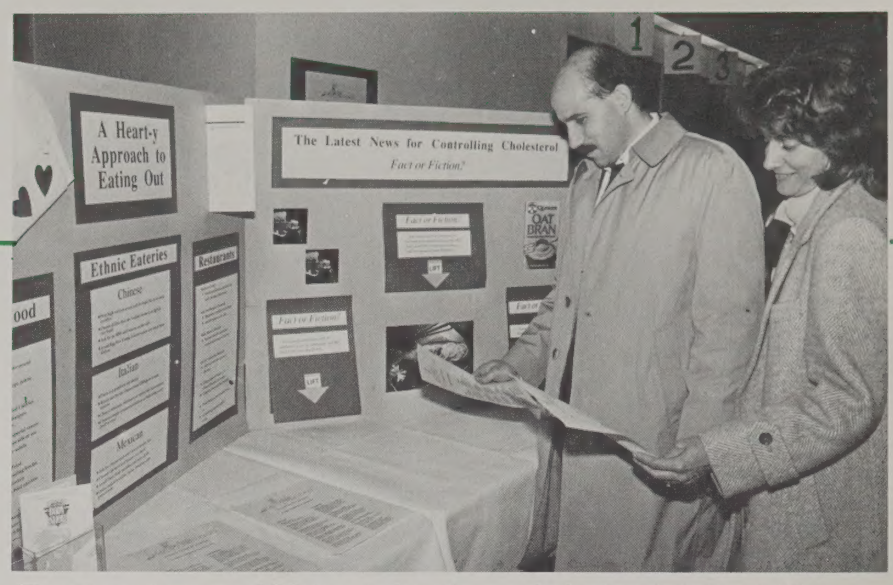
What's happening?



The Department of Dietary's booth on cholesterol and nutrition drew interested onlookers last month.

The Vincent Show marks another success

It's not hard to believe that this year's Vincent Show, which played last month in Boston, was sensational. "Believe It or Not," an original musical comedy set in a 15th century Spanish village, featured music, lyrics, costumes, and sets created entirely by Vincent Club members. For 96 years Vincent Club ladies have produced an original musical, and this year, for only the third time in its history, the Vincent Show had men appearing in its cast. Proceeds generated through advertising in the 370-page show program totaled $116,000 and will aid in funding ongoing research projects at the Vincent Memorial Hospital which specializes in comprehensive health care for women. Last year the Vincent Club donated more than $100,000 to the hospital as a direct result of the show.

The Vincent Club cast employs their own version of "Deus Ex Machina," and appears on stage in a hot air balloon.

"Thank You"

Those two words can make a big difference in the workplace. Feeling appreciated motivates employees to make that extra effort to help their departments run more smoothly and is a major incentive for employees staying in their jobs longer. Today, saying "thanks" is more important than ever.

Hopefully, employees are recognized for their efforts on a regular basis. But, there are special days for appreciation too. For example, National Secretaries' Week begins April 25th and is a great opportunity to recognize the efforts of support workers. For more information about special days, contact the Employee Relations Office at ext. 5139. Remember, a little recognition goes a long way!

Menopause topic of upcoming group

The third session of the group dealing with issues of menopause, offered by the Social Service Department, will be held on Tuesday, May 3, at 2:30 p.m. in the Walcott room of the ACC. Dr. Masha Etkin will speak on Hormone Replacement Therapy. There will be an opportunity for questions and discussion. Everyone is welcome. For information, contact Elsa Parnin, LICSW, at ext. 2623.

Prothrow-Stith speaks on public health challenges of the 1990s

Spaulding Rehabilitation Hospital will hold its 5th Annual Josiah A. Spaulding Lecture on May 4, 1988 at 6:00 p.m. The featured speaker is Dr. Deborah Prothrow-Stith, Commissioner of Public Health for the Commonwealth of Massachusetts. In her presentation, "The Public Health Challenges for the 1990s," Dr. Prothrow-Stith will address medical challenges for the 90s including infant mortality, AIDS, and adolescent violence. For more information contact Ann Kramer, at 720-6645.

Golfers! It's time for a spring birdie

To many, spring is a time to sweep the dust from the basement and cobwebs from the attic. But here at the MGH, it is also a time for polishing golf clubs and cleaning spikes—that is, for the MGH Golf League. Anyone wishing to join the league should contact Mr. Jordan Halasz, at ext. 3176 with your average score for nine holes. Golfers of all skill levels are welcome.

Urban Mental Health, topic of upcoming lecture

The 11th Annual Erich Lindemann Memorial Lecture, a symposium on Urban Mental Health, will be held at the Countway Library Auditorium, 5th floor, Harvard Medical School, Friday, April 29, from 2:00 pm - 5:00 pm. Dr. David G. Satin, MGH Clinical Associate in Psychiatry, and Assistant Clinical Professor of Psychiatry at Harvard Medical School, will moderate. And Dr. Leonard J. Duhl of the University of California, Berkeley, will give a talk titled "Healthy Cities: From Wellesley to W.H.O."

Camp Bunker Hill Dance

Camp Bunker Hill will host its Annual Benefit Dance at the Knights of Columbus Hall in Charlestown, Saturday, May 7, from 8:00 pm - 12:00 midnight. The dance will feature music by The Kerry Blues, and tickets are $10 at the door. To obtain tickets in advance, contact either the MGH staff records department, Laura Doyle at MGH East, ext. 5483, Laura Elwell at the Bunker Hill Health Center, 242-5750, or Debbie Hill at the Chelsea Memorial Health Center, 884-8300 ext. 515.

At the Movies

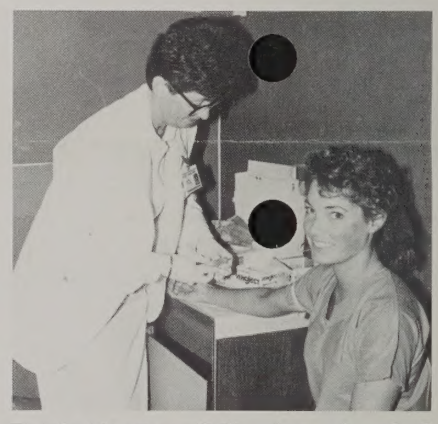
If you missed seeing this year's Academy Award nominees and winners because movies are so expensive—then the MGH has a solution. Plug in your popcorn poppers. Discount movie tickets, $3.00 each, are now available for Showcase, USA, and General Cinemas. Tickets are on sale Mondays and Fridays only, from 8:30 am to 4:30 pm at the Employee Records Office on Bulfinch 2. Employees can buy only four tickets at a time, and an ID badge is required for purchase. To check on the availability of tickets, call ext. 2212.

Film developing sale

The general store is having a sale, May 2-7, to introduce their new film developing service. Get your Kodacolor film developed and printed for $1.99 for up to 12 & 15 exposures, up to 24 & 36 exposures, $2.99.

Cholesterol screening

The Department of Dietetics was looking out for you last month with free cholesterol screening. Since a high cholesterol level is one of the risk factors for heart disease, experts recommend that you know your cholesterol level and keep it within acceptable ranges. Employees who showed elevated cholesterol levels will be invited to attend free nutrition classes taught by the Department of Dietetics.



Tricia Foynes, R.N., doesn't mind BTS nurse Joan Carven's needle stick, since it means knowing her cholesterol level.

White stamp

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United States to use the electrocardiograph (EKG)—a technology he imported from London.

Dr. White was known around the world as a leading thinker in the field of cardiology and a champion of world peace and cooperation. In 1970 he was nominated for the Nobel Peace Prize. And in 1981 the Soviet Union issued a commemorative postcard at the World Congress of Cardiology in Moscow honoring Dr. White and a Soviet scientist, Alexander Leonidovich Myashnikov.

But Paul Dudley White was perhaps best known for treating President Eisenhower after a heart attack in 1955, and for being an outspoken advocate of diet and exercise as a means of preventing heart disease. And people who knew Dr. White will always remember him riding his bicycle along the Charles.

Their own words

from page 1

children about to undergo heart surgery.

Ms. Barbara E. Moscowitz is a Caseworker Assistant for the General Medical Service on Bigelow 7. She has been with the hospital for 13 years.

I mainly work with the elderly, doing discharge planning, for instance finding nursing home placement. Illness often means the elderly can no longer maintain their independence. Sometimes people have to make major life changes.

I also work with family members to determine the impact of someone's illness on their lives—for instance the case of the frail elderly person who can no longer live alone and may require assistance from the family.

Ms. Jan A. LaBombard is Chief of the Community Mental Health/ Social Services Unit at the Chelsea Memorial Health Center. This department offers a wide range of mental health and medical social services to the community.

Ken Scheublin routinely counsels family members to help them adjust to their child's illness.

I think we've been able to be right here in a three dimensional way, where people live and work. We're pretty comprehensive, and we have a low threshold—all you have to do is walk in or call.

Our mission is to be sure that we identify and serve the people who want to come here, especially those in high risk groups. Chelsea has a high crime rate, a high mortality rate.

There is a lot of economic impoverishment, but a lot of cultural richness. Some of the immigrants in Chelsea are Southeast Asian who came from Cambodia, and they are finding safety here. Other immigrants come from Puerto Rico and Latin America, and they are finding opportunity.

I am very interested in the phenomenon of survivorship—what it takes to face things that can be life threatening and often spirit defeating, but to persist and celebrate. I like the collaboration too, the fact that we have difficult situations to deal with brings the staff together. Not just our department but the whole health center staff.

Evelyn Bonander

What social workers do is to help people think through all of their options—help them think through the types of decisions they have to make.

How do I tell my children that their dad has been in an auto accident and severely burned? How do I prepare for death? How do I talk to my wife who is dying of cancer?

When a doctor suggests that a patient be classified DNR (do not resuscitate), how does the family make that decision? How do you help a family cope when they have that type of decision to make!

We tend to deal with difficult and often urgent situations—the crying, the venting of anger, the if onlys.

We help get resources for people. Where do you go to buy a wheelchair? How much does it cost? How do you get someone who is comatose back to Portugal?

How do you prepare a 16-year-old mother to go home with a child who is ventilator dependent?

We're jacks-of-all-trades; we know community resources, and we know complex psychological processes.

In General

Dr. Alexander Leaf, Director of the MGH/Harvard Cardiovascular Health Center will be honored at the *National Kidney Foundation* of Massachusetts' 35th Anniversary celebration for his research on fluid and electrolyte disorders, particularly salt-retaining (edema) and salt-losing problems. The benefit, "The Gift of Life" concert, will be held at the Wang Center, April 29, and will feature special guests, such as Liza Minnelli.

The concert salutes medical and lay people who have contributed to the mission of the National Kidney Foundation and especially recognizes Boston-area researchers who have furthered medical advances in the treatment of kidney and urological diseases.

Dr. Homayoun Kazemi, Chief of the Pulmonary Unit and Physicians, was awarded the *Chadwick Medal* at the Annual Meeting of the Massachusetts Thoracic Society this month. The Chadwick Medal is the highest honor bestowed by the Massachusetts Thoracic Society and is given annually for "meritorious contributions in the study and treatment of tuberculosis, and other thoracic diseases." **Donna J. Wilson, R.N., RRT,** Respiratory Care Consultant and Nurse Clinician was the morning moderator at the Annual Meeting. This meeting provides an update on new developments and significant issues effecting the care of patients with respiratory disease.

Also speaking at the meeting was **Dr. Charles A. Hales,** Associate Physician at MGH and Associate Professor of Medicine at Harvard Medical School. Dr. Hales presented a speech entitled "Cardiac Drugs and the Lung."
The Massachusetts Thoracic Society is the medical section of the American Lung Association of Massachusetts.

Dr. David Stark, Associate Radiologist at MGH and Associate Professor of Radiology at Harvard Medical School, recently received a grant for $140,000 from the *American Cancer Society.* Dr. Stark also holds a three-year junior faculty research award from the American Cancer Society to support his work and is developing improved techniques for detecting cancer of the liver.

Dr. Rodman D. Starke, who served his internship and residency at the MGH and is Chief of Cardiology at the Davies Medical Center in San Francisco, will assume responsibilities as *Senior Vice President, Office of Scientific Affairs, for the American Heart Association* in June.

Dr. H. Shaw Warren, Assistant in Medicine in Pediatrics, has recently received a grant of $25,000 from the *Massachusetts Division of the American Cancer Society.* Dr. Warren will study poisonous substances (endotoxins) that accompany the bacterial infections often experienced by cancer patients.

Dr. Burt Brent, the world's expert on reconstruction of the congenitally absent or traumatically amputated ear, was recently the *Kazanjian Visiting Professor in Plastic Surgery.* While at the MGH, Dr. Brent focused on teaching residents how to shape cartilage to look like an ear.

Dr. Edward W. Webster, Director of the Division of Radiological Science and Technology, has been nominated as the *inaugural lecturer in the new Health Physics Society—Sigma Xi program.* Dr. Webster will speak to Sigma Xi-sponsored groups on topics ranging from the sources and effects of ionizing radiation to the risks of cancer from radiation.

Dr. R. Bruce Donoff, Chief of Oral and Maxillofacial Surgery, and Professor of Oral and Maxillofacial Surgery at Harvard Dental School, recently received the *1988 Research Recognition Award from the American Association of Oral and Maxillofacial Surgeons* for his contributions to basic and clinical research.

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Bunker Hill Health Center celebrates 20th anniversary

The 20th anniversary celebration of the Bunker Hill Health Center (BHHC) will feature an open house and street fair on Saturday, April 30th, from noon to 3 pm at the center on High Street.

Festivities will include continuous entertainment by clowns and mimes, face painting, performances by Charlestown's own Bunker Hillbillies, food and beverage wagons, and an array of street entertainers. The area between Elm and School Streets on High Street will be roped off for the safety of those attending the celebration.

Inside the Center, the public will be able to view health related video presentations on various topics including pediatrics, AIDS, health care, and nutrition.

The highlight of the indoor display will be an art exhibit featuring the winning entries in a "Healthy Things To Do" art contest sponsored by BHHC. The competition is open to children from 5 to 12 years of age who live in Charlestown or attend Charlestown schools. Four first-place winners will receive a ten-week art course at the Museum of Fine Arts.

Ribbon-cutting ceremonies attended by public officials including Mayor Flynn, Rep. Richard Voke and City Councilor Robert Travaglini, and dignitaries from the MGH, City of Boston Division of Health & Hospitals, and the Public Health Department of the Commonwealth of Massachusetts, will mark the start of the gala street fair.

Transportation to the street fair and open house will be provided from several locations in town by the MGH courtesy van. For more information on the event, contact BHHC at 242-5700.

Health fair teaches kids about hospitals

B.Y.O.T. meant "bring your own teddy bear" at the recently held health fair for children and adolescents sponsored by the Pediatric Nursing Service in collaboration with the Human Resources Department.

Denise Jordan, RN, Nancy Hanley Ryan, RN, and Kathy Rice coordinated a cast of nearly 200 wonderful volunteers who manned 30 stations all over the fair. The 800 + visitors to the health fair enjoyed a wide variety of activities after being "admitted" in the ACC lobby.

The children got to see the inside of a real ambulance, toured an operating room with real doctors and nurses, saw demonstrations of X rays, traction, and other health and hospital related items, and toured the cast room with Mr. Bones.

Visits to the White Building kitchen and a real doctor's office were also great fun. There was even a chance to have a plaster finger cast applied as well as to see a "preemie" in an incubator.

For teen-agers, there was a special area addressing issues of healthy habits, drugs, alcohol, sexuality, and health careers. "Buckle-up Bear" was on hand to remind everyone of the great importance of using car seats and seat belts, and a humorous cast of clowns amused participants young and old.

From admitting to discharge those attending enjoyed the day while learning so much about good health.

In General

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Mr. Robert Andrews, Unit Manager in the Department of Psychiatry for the past eight years, passed away March 26, 1988 after a prolonged illness. In lieu of flowers the family requests donations be sent to the AIDS Action Committee (437-6200).

The MGH HOTLINE is published twice monthly by the MGH News Office.

William E. Walch, *Vice President for Resource Development and Public Affairs*

Martin S. Bander, *Director of News and Public Affairs*

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MGH HOTLINE

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Governor Dukakis signs the health care bill as (left to right) Ms. Paula Burns from Dennis, MA, Rep. Richard Voke, Senate President William Bulger, House Speaker George Keverian, Ms. Julie Capone from Athol, MA, and Senator Patricia McGovern look on. Photo courtesy of the Massachusetts Department of Public Works.

A health care bill that addresses some needs of hospitals

With great fanfare last month, Governor Michael S. Dukakis signed into law landmark legislation which will give Massachusetts the distinction of being the first state to provide health insurance for all of its residents. By 1992, Governor Dukakis hopes to provide health insurance for the estimated 600,000 uninsured living in Massachusetts.

The lobbying efforts of MGH employees and those of other hospitals were instrumental in attaining hard-won concessions that will help teaching hospitals maintain a high standard of care and still survive financially. For those of you who wrote letters to your legislators, participated in the September 16 MHA rally, and in other ways assisted the effort, you deserve a round of applause. But what have we won and what challenges lie ahead?

The new bill creates a hospital financing system that is volume-driven and competitive. Hospitals will now be rewarded for serving greater numbers of patients and penalized if their volume decreases.

The financial incentive to increase volume comes in the form of an allowance of 100% payment for inpatient treatment, outpatient visits, emergency room visits, and ambulatory surgery.

However, though the bill encourages greater volume, it still imposes some caps on revenue. For instance, it allows for only 60% payment for ancillary outpatient services, such as CT scans, MRI's, and laboratory tests.

The bill establishes a fund to offset Medicare shortfalls, and most important it provides an uncompensated care pool which relieves hospitals of the burden of absorbing the cost of caring for people who cannot pay.

Other payment related features include increased adjustments for inflation, allowances for government mandates like the OSHA requirements for universal precautions, and provisions to offset malpractice costs. As well, teaching hospitals who have seen large volume increases since 1984 will receive additonal payment.

Another aspect of the bill is that hospitals where occupancy dips

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MGH Researchers find clues to a rare cancer

An international team of scientists led by neurogeneticists at the MGH has isolated a genetic marker close to the gene that causes a devastating disorder characterized by multiple cancers, including fatal tumors of the kidney.

The larger implications of the discovery may go well beyond the cause of Von Hippel Lindau disease (VHL), an inherited form of cancer. The researchers suspect that the same defective gene may be responsible for the seemingly noninherited formation of several types of malignant tumors, including kidney cancer (renal carcinoma), an often deadly disease that accounts for approximately 9,500 American deaths yearly.

"Our finding should allow us to develop, within a year or so, diagnostic tools for presymptomatic tests, which are very much needed for people with VHL," said Dr. Bernd R. Seizinger, an Assistant Geneticist at the MGH.

Unlike inherited diseases such as Huntington's disease for which diagnostic tests exist but no treatment is yet available, presymptomatic tests are crucial for treatment of cancer-related disorders such as VHL and neurofibromatosis, for which the same MGH team found genetic markers last year.

"If we know a child carries the defective gene and is therefore prone to various cancers, we can use techniques such as computed tomography (CT) to find the cancers and then attempt early surgical procedures to preserve neurological function that can literally save the child's life," said Dr. Seizinger.

He warned, however, that removing one threatening tumor does not free the VHL patient from the disease. Cancers associated with VHL can form in many parts of the body, including the cerebellum (the portion of the brain that coordinates movement), the spinal cord, and the retina, as well as the pancreas and the kidney.

The MGH scientists employed the sames recombinant DNA techniques which Dr. James F. Gusella, Director of the MGH Neurogenetics laboratory, previously helped to pioneer in locating markers for the Huntington's disease gene in 1983 and other inherited diseases, including familial Alzheimer's disease and two forms of neurofibromatosis in 1987.

A growing number of cancer-related genetic disorders, including acoustic neurofibromatosis and VHL, is believed to be caused by loss or inactivation of so-called tumor suppressor genes that act as guardians against cancer development.

"The loss of such guardians seems to be one of the most fundamental mechanisms of cancer development in humans," said Dr. Gusella.

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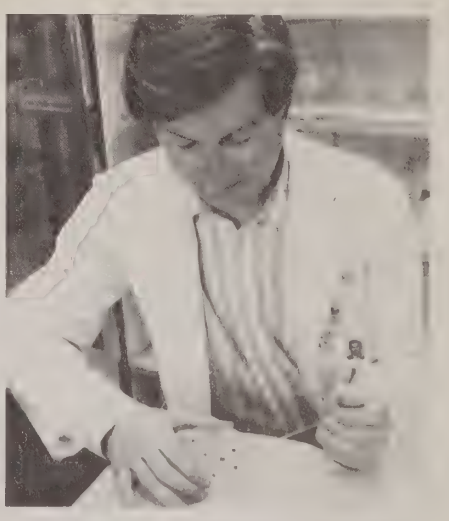

Dr. Bernd R. Seizinger examines cell colonies used to study the genetic material of families afflicted with Von Hippel Lindau disease.

Bigelow 8 soon to house new Endoscopy Unit

Anyone walking the corridors of Bigelow 8 these days knows that something is going on behind that bank of elevators, something very noisy. Electricians, plumbers, builders, and the like are seen coming and going throughout the day. The sound of hammering and pounding begins early in the morning and lasts far into the afternoon. All this activity and sound signals the birth of the MGH's new Medical Endoscopy Unit, the delivery date, hopefully around July 1.

The genesis of this unit took place many years ago. Prior to the advent of flexible fiberoptic endoscopes, endoscopies usually required general anesthesia and were performed routinely as an operating room procedure. However, the new fiberoptic techniques took endoscopies out of the operating room and to the patient's bedside.

Demand for endoscopy escalated over the next 25 years, and the modest-sized endoscopy unit on White 8 with its two treatment

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Jack DiBona offers words of praise and thanks to MGH employees and volunteers at the awards ceremony last month.

MGH volunteers honored for their service

Friday, April 22, was volunteer recognition day in honor of the many people who devote their time and effort to helping the patients of the MGH and their families through the difficulties of hospitalization.

Dr. J. Robert Buchanan gave the keynote address at the awards ceremony recognizing volunteers for their contributions to the hospital. Mr. W. Nicholas Thorndike, Chairman of the MGH Board of Trustees, presented the awards.

"The service of our volunteers is absolutely essential to making the hospital an environment patients and families will find hospitable and supportive," said Dr. Buchanan. "I see patients come in the front door who look absolutely befuddled. And then I see people come forth and say, 'Can I help you?' And usually it's someone with a pink coat. That is the symbol of what volunteerism does at this institution."

Volunteers recognized for their service were Mrs. Sally Taylor, with more than 10,000 hours of service, and Mr. Jack DiBona, with more than 2,000 hours of service, who both won Jessie Harding awards.

Mrs. Sally Taylor has volunteered at the MGH since 1964. Mrs. Taylor, a member of the Ladies Visiting Committee, volunteers daily in the General Store where she performs a variety of tasks.

Mr. DiBona has been a volunteer at the MGH since 1982 and is the Monday "On-Call" volunteer. He primarily supplements the dispatch service in the busy Ambulatory Care Division.

The Pediatric Intermediate Care Unit, Burnham 6 Nursing, received the Trustees' Award for pioneering a volunteer placement in their unit and being supportive to the volunteers who work there.

Other awards include:

The MGH Volunteer Honor Roll

24,000 hours of service
Judy Paige

22,000 hours of service
Edith Palmer

14,000 hours of service
Marguerite Ryan

12,000 hours of service
Lydia Campbell
Connie Thibodeau

11,000 hours of service
Charles Meyers

10,000 hours of service
Frances Aldrich
Sally Taylor
Phyllis Welch

9,000 hours of service
Betty Paul

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Connie Thibodeau accepts the Jessie Harding award for Sally Taylor who was unable to attend the ceremony.

Life-style

Speech, language, and hearing impairments affect people of all ages. It is estimated that 10% of the population, about 24 million people in the United States, have some type of speech, language, or hearing impairment.

May is Better Hearing and Speech Month, and the Speech-Language Pathology Department of the MGH and the Audiology Department of the Massachusetts Eye & Ear Infirmary will combine efforts this month to increase awareness of communication disorders.

Speech-language pathologists will be available at the locations below to provide information about disorders, normal development, and services. Free voice, speech, and hearing screenings for adults and children will be provided for visitors and employees at the MGH, the Bunker Hill Health Center (BHHC), the Chelsea Memorial Health Center (CMHC), and the Massachusetts Eye & Ear Infirmary (MEEI).

Locations

WACC Lobby: May 9, 11, 16, and 18
11:30 am - 1:30 pm

MEEI Lobby: May 13, and 20
12:00 noon - 1:00 pm

CMHC: May 18, and 25
12:00 noon - 1:00 pm

(in the Speech-Language Pathology Department, 2d Floor)

BHHC: May 17 and 19
12:00 noon - 1:00 pm

(in the Speech-Language Pathology Department, 2d Floor)

Most people with communication disorders can be helped. If you would like more information or have questions, call 726-2763 between 8:30 am - 5:00 pm.

Now, test your knowledge about communication disorders

1. T F Permanent hearing loss can result from repeated exposure to loud noise, such as music, power tools, jet airplanes, etc.
2. T F Frequent ear infections can interfere with speech and language development.
3. T F Deaf people are unable to speak.
4. T F A chronically hoarse voice may be the first sign that there is a medical problem associated with vocal cords.

Answers

1. True, permanent hearing loss can result from repeated exposure to loud noise. Noise in excess of 85-90 decibles is considered hazardous when exposure is several hours a day.
2. True, normal speech and language development depends on good hearing and listening skills. Ear infections nearly always interfere with hearing to a certain degree and may cause speech and/or language problems.
3. False, deaf or hearing impaired people can vocalize but may have difficulty monitoring their articulation, loudness, and intonation patterns depending upon the severity and type of hearing loss.
4. True, a hoarse voice may be symptomatic of upper respiratory infections. It may also be symptomatic of a benign or malignant pathology. A continually hoarse voice can also be caused by chronic misuse of the voice resulting in damage to or swallowing of the vocal cords.

Endoscopy unit

from page 1

rooms built in 1972, began to show the effects of these proliferating endeavors.

Approximately 3,500 endoscopic procedures of all kinds are done each year at the MGH, causing the two original rooms on White 8 to be scheduled at full capacity from early morning to late afternoon each day. Some nine endoscopists plus five GI Fellows hold sway in this unit, together with five nurses, each one trying not to step on the other while performing some of the most sophisticated and advanced medical technology available today. The new unit will have a waiting room, five procedure rooms, (one of which will be shared by the Pulmonary Unit for doing bronchoscopies), a patient recovery area, staff lounge, patient dressing rooms, and ancillary secretarial and staff space, as well as utility rooms for processing the endoscopes, and other equipment used in the procedures.

Probably many exciting and as yet unforeseen advances will develop in the field of endoscopy as the years go on. But here at the MGH they will soon be done in a spanking new unit on Bigelow 8.

Dr. Robert H. Schapiro, Director of the Medical Endoscopy Unit, gets ready for a "wallbreaking" ceremony on Bigelow 8.

Staying in the lines

Three-year-old Joshua had a big smile on his face. The paint-spattered oversized shirt he wore hung down to his tiny red sneakers. Joshua's expression was quizzical, because he was getting to do something he had never imagined.

Standing there with his mother, and volunteer Kathleen Nichols, and holding a dripping paint brush that seemed too large for his little hand, Joshua was helping to spread yellow paint all over the walls on Burnham 5. He never guessed that being sick and getting better at the MGH could be such fun.

"Why do you get to paint on the walls, and we don't?" asked one of the teen-age patients on Burnham 4 of Kathleen. But to his surprise, he was quickly handed a bucket of green paint and a brush.

Thanks to Kathleen Nichols, a 23-year-old Massachusetts College of Art student, some of the patients on Burnham 4 and 5 last month finally got to write on the walls.

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Seth Garron gets help donning gloves before the big paint begins.

Save $$$ with reimbursement accounts

For many of us, tax time really hurts. But a new benefit program at the MGH can help ease some of the pain. Thanks to reimbursement accounts, MGH employees can now pay certain expenses with pre-tax dollars.

Reimbursement accounts include a health care account, a medical premium account, and a dependent care account. They allow employees to pay health and dental care expenses, premiums for medical plans, and child and dependent care expenses with money set aside from their paychecks, before federal, state, and FICA taxes are withheld. In effect certain expenses can actually lower reported taxable income, thus lowering an employee's taxes each year.

Depending upon a person's tax bracket, the dollar is normally worth anywhere from 60¢ to 73¢. However, with reimbursement accounts, costly medical and dependent care expenses can be paid with a whole pre-tax dollar.

For example, Brian, a part-time lab technician, makes $15,000 per year. He sets aside $600 for a health care account, $1,200 for medical premiums, and $3,000 for a dependent care account.

$600 + $1,200 + $3,000 = $4,800

This decreases Brian's reported taxable income by $4,800.

$15,000 − $4,800 = $10,200

With a reported taxable income of

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Health care bill

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below 75% can be penalized by having some of their beds taken away, through delicensure. And extremely low-volume hospitals will not qualify for cost adjustments or the minimum 4.6% revenue increase the bill provides.

According to Mr. Richard Crater, Director of Fiscal Affairs, the MGH is in good shape, with 80% occupancy of licensed beds. But the challenge in trying to avoid losses remains to increase volume and still keep costs down.

While the legislation provides for major reforms in the hospital payment system, its most nationally recognized feature relates to access to care for the uninsured. The bill requires businesses with six or more employees to provide their employees with health insurance, mandates coverage for the unemployed by placing a surcharge on employee wages, and requires insurance for college students.

The bill also provides placement and training services for hospital workers displaced by hospitals having to close or convert to other uses. It extends Medicaid coverage for pregnant women, the working disabled, and disabled children.

The newly established Department of Medical Security will administer the program by buying insurance policies, and assisting small businesses in buying insurance.

One issue the bill doesn't adequately address, however, is that while hospitals are increasing volume and trying to contain costs, they must still hire employees at market rates and train them. With the shortage of some hospital workers, like nurses, and the competitive environment that Massachusetts' low unemployment rate creates, hospitals are in the dark as to how they will continue to acquire and retain qualified staff. Though the bill creates a fund to

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Volunteers

from page 2

7,000 hours of service

John Barry
Maurice Greenbaum
Natalie Metcalf
Kathryn Mootz
Charles Snelling

6,000 hours of service

Ida Cerbone
Janette Chaffee
Eleanor Hackett

5,000 hours of service

Michael Barbetta
Doris Winkler
Rose Zizzo

MGH Picture Awards recognize volunteers for outstanding service to the MGH. Awardees are:

Chenault Conway
Banti Chand
Irene Faneuil
Betty Gillespie
Joanne Goldberg
Jeanne Healy
Marguerite Lechiaro
Esther Livingstone
Ferdinand Loblundo
Gerry Malt
Ed Merritt
Neil O'Regan
Katie Parks
Jenny Stevens
Peggy Warren

What's happening?

White 11 renovations cause some patients to move to Phillips House.

The Neurological in-patients formerly on White 11 were moved on April 28 to Phillips House 6 for an interim period while White 11 is being renovated. Telephone numbers assigned to Phillips House 6 are as follows: Nurses' Station, ext. 3351, 3352, 3353; Head Nurse, ext. 5298; Charting & Report, ext. 5217; Dietary, ext. 5235.

Organ Donor Awareness Week

April 25-29 was organ donor awareness week. MGH employees celebrated with a booth in the White building lobby and other educational activities designed to raise awareness of the need for organs.

MGH Marathoners make the grade

Heartbreak Hill didn't daunt these MGH staff members who called in their times to the Hotline:
Mr. Chuck Marino, R.N., Radiology, placed 36th with a time of 2 hours, 20 minutes and 16 seconds. He placed 2d in New England and 4th in the U.S. Men's Competition.
Dr. Scott Rivkees, Pediatrics, finished in 3 hours, 38 minutes.
Dr. John Goodson, Internal Medicine, ran the marathon in 4 hours even.

It's finally warm enough to have lunch in the sun. You know that spring has arrived when MGH employees flock to the Bulfinch terrace at noon.

Post-Polio Syndrome Conference

Spaulding Rehabilitation Hospital and the March of Dimes in conjunction with the Post-Polio Support Groups of Massachusetts and New Hampshire will hold the Post-Polio Syndrome Conference on May 13. Speakers will include nationally renowned authorities in the field of Post-Polio Syndrome. The presentation, "Treatment, Management and Community Resources" will take place at the Holiday Inn, Junction of Routes 1 and 128, Dedham, MA. For more information call Ann Kramer at 720-6645.

You can now give at the office

In the spirit of donation, now is a good time to take advantage of a new MGH policy. All MGH employees who voluntarily donate blood to the Blood Transfusion Service may do so during their working hours. Employees who wish to donate blood will be allowed to take up to one hour during their shift (with their supervisor's approval) without loss of pay.

Cancer

from page 1

Intensive study of chromosome 3, the chromosome which shows deletion of guardians, may reveal important information about small cell carcinoma of the lung, the number one cancer killer in humans. Lung cancer kills 136,000 Americans every year. In addition to lung cancer, renal carcinoma, and several other cancers may also be associated with deletions on chromosome 3.

"It is still unclear whether the gene or cluster of genes responsible for this form of lung cancer is located close to the VHL-renal carcinoma gene or is the same gene," said Dr. Seizinger. "I am skeptical that they are the same since VHL patients do not get lung cancers but very frequently develop kidney cancer."

Victims of Von Hippel Lindau disease are susceptible to several different forms of cancer, including fatal tumors of the kidney and other organs and nonfatal but severely disabling tumors of the central nervous system. These can cause movement disorders, blindness, and paralysis. Kidney cancer, which often appears when VHL patients are in their 30s or 40s, is one of the most frequent causes of death from the inherited disorder. Symptoms of the disease usually first appear anytime between adolescence and late middle age. In rare instances very young children have developed tumors.

In the lines

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Kathleen spent several weeks at the MGH, helping patients redecorate Burnham 4 and 5. However, they weren't deciding swatches of fabric for new upholstery, but the colors to paint the murals Kathleen had drawn.

After sketching geometrical shapes in pencil on the walls of the two floors and outlining the shapes with masking tape, Kathleen recruited volunteers to help fill in the spaces. Triangles, circles and squares were painted bright hues of purple, green, yellow, and orange to help enliven the environment that is so important to these children getting well.

Kathleen painted her first mural when she was in high school, and now she's hooked. The MGH project is her third, and she says most rewarding. "They keep you on your toes," she remarks of the kids. "They're real go-getters." And even those children who were unable to paint were helpful. "They were the supervisors," Kathleen says with a wry smile. "They'd stand there giggling and telling us where we had made mistakes."

Kathleen Nichols puts finishing touches on the murals of Burnham 5.

Reimbursement accounts

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$10,200, and a federal tax bracket of 15%, Brian's total income tax would be $2,754.

Without the plan, Brian's taxable income would be the full $15,000 and he would pay $4,050 in federal income taxes.

By using reimbursement accounts, Brian saves $1,296, and the money he spends on medical and dependent care expenses is not taxed and is therefore worth its full face value.

Some of the allowable expenses include: dental exams, orthodontia, contact lenses, hearing aids, prescription drugs, including contraceptives, medical deductibles, cosmetic surgery, summer day camp, day care centers, dependent care centers, and visiting homemaker services.

If you haven't attended an information session yet, there's still time to learn about these new benefit plans. Employee information meetings are continuing in the Lower Amphitheatre, Clinics One, on Thursday, May 12 at 7:30 am, 9:30 am, 12:00 noon, 2:00 pm, 4:30 pm, and 6:30 pm, and Friday, May 13 at 9:30 am, 12:00 noon, and 2:00 pm. For more information about reimbursement accounts contact the Benefits Office at ext. 8133.

Remember to take advantage of a reimbursement account, your enrollment form must be returned to the Benefits Office by Thursday, May 26.

Health care bill

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relieve the shortage of health care workers, financed by a levy on hospital charges, this fund may not adequately address the problem. And the hospital, as an employer, will have to contribute as well to a fund to provide health insurance for the unemployed.

The specifics of how this bill will affect hospitals are still unclear, as is the cost of the bill. But it remains a historic event in which MGH employees have participated.

The Health Security Act of 1988 means renewed hope for teaching hospitals and an opportunity for a sigh of relief and satisfaction on the part of those who made it happen.

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MGH HOTLINE

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Spending a day

Debra Whitaker's eyes occasionally left the page to look at the nurse who was giving her report. A wrinkle of the brow, a question, a smile, and then more frenetic note-taking.

Nurse Debra L. Whitaker's day had started at 3:00 pm when she took report from the nurses in the Transplant Unit on the previous shift. From medication, to the physical condition, to the sometimes quirky personalities of patients, the nurses discussed everything Ms. Whitaker might confront that evening.

There was a patient recovering from a kidney transplant who was very depressed, and there was another transplant patient expected to come in from the operating room early that evening. His anxious mother waited in his room.

In all, there were seven patients on the unit that evening who would be cared for by two registered nurses. Ms. Whitaker went about her business as usual—quickly and efficiently. First a quick check on patients, then

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Nurse Anne Armstrong discusses the technical aspects of nursing with Mary Riffe of Materials Management.

A way with orangs

Imagine youself put-put-putting down a river deep in the rain forest of central Indonesian Borneo, in an improvised motorboat, captained by one of the local aborigines, who deftly steers you clear of the tangles of purple-blue water hyacinths. Your boat is full of squawking chickens (the month's supply of meat for the research camp deep within the forest), and thoughts of Hepburn, Bogie, the *African Queen,* and leeches suddenly come to mind.

Now imagine a world away from all worlds most of us have known, away from telephones, away from traffic, away from noise.

In this world you only hear sound. The cooing of gibbons in the early morn, the whining song of cicadas, the rumble of a wild boar, or perhaps the ecstatic sound of a pair of orangutans making love.

Perhaps you can't see yourself in such a setting, but then neither could Harriet Provine, a teacher in the Infectious Disease Unit at the MGH, until she joined a group called Earthwatch and trekked to the wilds of Borneo to study orangutans.

Earthwatch is a nonprofit organization, based in Watertown, Mass., which matches paying volunteers with scientists on field research expeditions in disciplines ranging from archaeology to volcanology around the world.

The orangutan is threatened by logging which is destroying the animals' habitat. And because of their intelligence and ingenious antics (they have 95% genetic makeup in common with humans),

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ESL course helps employee adjust
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Bruce Schwoegler, WBZ-TV weatherman, displays his wit at the BHHC's celebration. Behind Mr. Schwoegler (left to right) are Senator Francis Doris, Commissioner Louis Pollack, MGH Associate General Director, Lawrence E. Martin, Director, MGH Community Health Associates, Dr. Roger Sweet, and Margaret Carolan, Manager of the BHHC. Photo courtesy of the Charlestown Patriot.

The MGH Bunker Hill Health Center: A history of service

The MGH Bunker Hill Health Center (BHHC) marked its 20th anniversary last month with a ribbon-cutting ceremony and gala street festival featuring street entertainers, and musicians. An open house inside the newly renovated facility included health education exhibits, and an art exhibit of the winning entries in the "Healthy Things to Do Art Contest" for Charlestown children.

Dr. Roger Sweet, Director of the MGH Community Health Associates, opened the celebration with welcoming remarks and Associate General Director, Mr. Lawrence Martin presided over the ribbon-cutting ceremony. Also attending were Mr. Louis Pollack, Commissioner City of Boston Department of Health and Hospitals, State Senator Francis Doris, and Dr. Howard Spivak, Deputy Commissioner for Health Promotion Sciences, Massachusetts Department of Public Health.

The celebration also marked the completion of over $500,000 in renovations to the center. According to Ms. Margaret Carolan, Manager of the Bunker Hill Health Center, "The goal of the renovations was to consolidate services and improve the amenities and patient flow throughout the center."

But in addition to the center's

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Harriet Provine tries to catch the attention of a baby orang. But its mother, Sulawesi, is unmoved. Photo by Dr. Galdikas.

Orangs

from page 1

they are also threatened by the exotic pet trade.

However, as Ms. Provine points out, "They're fun to keep until they start really getting into things, which they can do much better than any child. So of course any up-to-no-good they can think of, they do."

Up-to-no-good refers to theft. "They steal for the fun of it, just to get your attention," says Ms. Provine. "One of the orangs once stole a raincoat and then carried it to the top of a tree." They imitate people. "They will imitate everything you do—from brushing your teeth to washing clothes," remarks Ms. Provine.

"They pick locks," says Ms. Provine. "They love to trash things. And they always want to play. But you don't exactly want to give up your arms, legs, cameras, and everything else all of the time."

Eminent primatologist, Dr. Birute Galdikas has conducted the longest run and most thorough study of wild orangutans ever done. For 15 years Dr. Galdikas has lived in the Borneo rain forest with these wild apes in an effort to understand the strange creatures and to rehabilitate ex-captive orangutans to the wild.

Borneo is the third largest island in the world and boasts an endless array of fascinating creatures—snakes, 200 species of mammals,

Sapinah wants to play. Photo by Rick Harlowe.

550 species of birds, and exotic frogs that slip, slide, or fly from the tree-tops.

"Borneo is exactly half way around the world," says Ms. Provine. "You don't even have to change your watch. Right now its exactly ten o'clock tonight tomorrow."

Ms. Provine spent two weeks in Borneo helping observe wild orangs and monitor ex-captive apes who lived in the camp. A typical research day involved getting up at 4:00 am to reach the nesting area of the orangutan you were assigned to track before he or she woke up. Ms. Provine remembers, "You slog through the swamp in the dark, and set up a hammock underneath the orang's nest. Then you wait for the orangutan to get up."

The ex-captives would sometimes follow the volunteers throughout the day. And crossing a stream on a log wasn't so much a balancing act as an act of negotiation. Ex-captive orangs loved to tip the log just as a volunteer reached midstream.

To say the least, the expedition was challenging and rigorous as volunteers dealt daily with precocious apes, heat, and the creepy-crawlies of the forest. Memories of Katherine Hepburn plucking leeches from her body in the movie *"The African Queen"* may have given some of us pause.

But Ms. Provine didn't worry about leeches. She encountered five the first day. "After all, they were once medicinal," she says. And she wasn't daunted by the rattan vines that sported 4-5 inch thorns, or the snakes which you avoided by walking like the aborigines do—one foot directly in front of the other.

Ms. Provine didn't have time for paranoia about the unknown, because the unknown was why she went. The intrigue came in the form of the sounds, smells, and colors of the rain forest—the barking mouse deer that stands only one foot tall, the brilliantly colored hornbill whose call sounds like a diesel locomotive, the tropical butterflies, and of course, the ever present, wonderfully refreshing rain.

What's happening?

Cancer support group can help patients and families

The nursing staff of Baker 5 East in collaboration with the Department of Social Services will offer an ongoing support group for oncology patients from all areas of the hospital and their families.

The group provides a forum for mutual support and open discussion of illness-related concerns and meets weekly on Monday from 4:00 - 5:00 pm. For information contact Carol Ghiloni, at ext. 3256.

Suggestions anyone?

As the four Ladies Visiting Committee (LVC) shops prepare to enter the heavy buying season, the committee wants to continue to serve the needs of the MGH community. MGH employees with ideas about new services or products should respond in writing to Ms. Lesley Kaufman, Ladies Visiting Committee, Phillips House 1. The person with the best suggestion will receive a $25.00 gift certificate to the shop of his/her choice. The LVC shops include the General Store, the ACC Gift Shop, the Flower Shop, and the Beauty Shop.

The spirit that is nursing

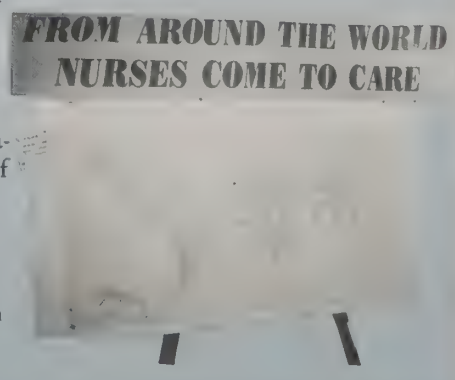
"We practice a profession that brings caring to the forgotten, turns sickness into health, and quietly celebrates the true meaning of human dignity."
—Linda Spoonster-Schwartz, RN, MSN

Earlier this month nurses and other MGH employees celebrated the contributions nurses make to patient care. The "Spend a Day With a Nurse" program provided many MGH employees with an inside look into the nursing profession.

And there was a five-mile road race entitled "Running to Remember" in honor of nurses who served during the Vietnam War. The purpose of the event was to raise funds to dedicate a conference room in the new MGH inpatient tower building in memory of these nurses. According to Linda Melanson, RN, more than 100 people signed up, and the nurses raised more than $1,000.

The nurses also celebrated with exhibits, lectures, seminars, a brunch for night nurses, and the "Partners in Caring" reception.

There was also a breakfast for nurses and ambulatory care division assistants who work at the three MGH health centers. The breakfast was held at the Chelsea Health Center and attended by health center administrators and chiefs of divisions.



Steel Beginning

Lawrence E. Martin, Associate General Director of the MGH, and Charles H. Hall, Project Director, look on as the first steel column is placed for the new MGH inpatient tower.

ESL course helps employee adjust

Bonna Ith fled Cambodia with his family in 1979 and went to the refugee camps of Thailand, and several years later to the Philippines. Their exodus ended in the United States just three years ago, when Mr. Ith and his family settled in Revere.

Mr. Ith works at the MGH as an aide in the Cellular and Molecular Research Lab of the Cardiac Research Unit. Leaving his country, having to leave family behind and trying to adjust to a new culture and language was challenging. But Mr. Ith is getting some help with at least one of the difficulties—language.

Last month, Mr. Ith participated in an English as a Second Language (ESL) course taught here at the MGH. Free ESL courses are offered to eligible MGH employees through the Department of Training and Development.

Mr. Ith was very enthusiastic about the course. He says, "In my country, we don't have freedom for people. We don't have school for students. Being in the United States is very good for me."

Mr. Ith washes glassware, runs errands, and orders products for the lab. Sally Quick, Laboratory Coordinator, thinks the courses have helped Mr. Ith enjoy his work more. She says, "He reads things better. And he's been talking to us more. He's much more expressive and confident since he took the course."

Mr. Ith helps his brother and his mother with their English, volunteers with the MGH Interpreter Service, and is eagerly looking forward to taking another course.

English as a Second Language courses are offered at all levels. The courses meet twice weekly and are ongoing. For information, call Ms. Anna Shine at ext. 2230.

Bonna Ith loads a glassware washer on the Cardiac Research Unit.

BHHC

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new look, the BHHC staff, patrons, and benefactors took this time to remember a history of offering quality health care services to the Charlestown community.

Dr. Sweet recalls the social climate that preceded the formation of the BHHC. He says, "In the mid 60s there were some rapid changes going on in the delivery of health services...initiatives to do more to deliver services to communities and particularly to allow communities to have a very strong say in the health and human services they needed.

"At the same time there was a tremendously rapid growth of volume in the MGH emergency room, and this was because, in neighborhoods such as Charlestown, the community physicians were becoming older...and were not being replaced by younger physicians. Patients in need of primary care or acute episodic services were turning to big hospitals to find a doctor. Clearly the community was voting with its feet by going to the hospital because they didn't have access to health care in their community."

So members of the Massachusetts General Hospital staff and representatives of the Kennedy Center, a community multiservice center in Charlestown, compiled a document called Bunker Hill USA, which combined a variety of health and human services and made these services available to the Charlestown community.

Their original plan was denied

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Spend a day

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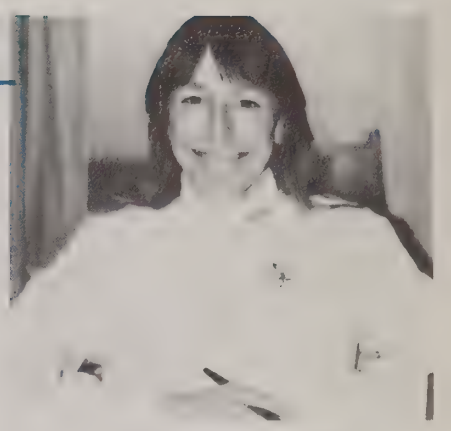
4:00 pm medications, and then temperature and blood pressure measurements on all patients.

There was still the nervous mother, whom Ms. Whitaker took time to console, and then a patient who needed an EKG because his pulse was unusally low.

But Ms. Whitaker still had time to discuss with me what she likes about her job. "Nurses have input on this unit," she says. "If we think we have a problem, the doctors listen."

Ms. Whitaker especially enjoys the teaching involved in her job. In many cases, properly educating patients about their health is one of the most important factors in their recovery. And Ms. Whitaker likes to focus on their successes and the nurse's unique position of being involved with patients throughout the course of their care. Ms. Whitaker says that it is gratifying to see patients recover. "For instance, there was a young girl who had a liver transplant and came in here in a coma," she



Nurse Debra Whitaker takes a break from note-taking.

remembers. "She is now a functioning member of society."

At about 5:00 pm, the young man who has just received a new kidney comes in from the O.R. Ms. Whitaker helps other medical personnel lift him into the bed which is almost too short—the young man is over 6 feet tall.

While taking care of his physical needs and trying to keep the disoriented patient from thrashing his way out of the bed, she makes a note to order a bed extender. Working intensely, her total attention focused on her patient, she says, "I can't leave his side right

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WOMEN'S SOFTBALL HOPEFUL OF COMING SEASON

After coming off an impressive season last year, 12-2, the MGH women's softball team is anticipating an even better season. Run by organizational manager Nancy Schaeffer, RN, of the Surgical Oncology Department, and coached by Lenny Wasileski of the Machine Shop, the team has been practicing for about a month. Despite the inclement weather, the team has been able to get in a lot of quality practice time.

The team is a member of the B division of the Boston City Fast Pitch League. Most of these teams are sponsored by local taverns or individuals, while the MGH team is partially funded by the players and the hospital. Funding for the team, like the other recreational leagues of the hospital, is coordinated by Stephen Kauffman, Assistant General Director of the MGH. The women's softball team has been part of this league for three summers. Last season, the team won second place in the division.

Currently, the MGH women's softball team's record is 1-1. It won it's first game 16-9 over Murphy's Law, sponsored by Mr. Stephen Murphy of Hyde Park. The final score was 16-9. The MGH team's home field is the Pine Banks Park in Jamaica Plain. The team practices Tuesday nights and plays Wednesday nights. The team played TNT on May 10th and a rainout against the Dirty Sneakers (sponsored by Doyle's Cafe) was rescheduled for Friday, May 13th.

Mr. Wasileski, a shop supervisor, (Ext. 8371) is very optimistic for an undefeated season. The team lost three players from last year but also gained four new players this year. Coach Wasileski believes the team has "improved about two hundred percent." He also believes that only two teams, the Hyde Parkers (sponsored by Kelley's Liquors of Hyde Park) and Murphy's Law, have a shot at beating out the MGH team for the division championships this year.

Ms. Schaeffer, RN, (Ext. 8555) is hopeful of making the playoffs. The team, she said, is composed mainly of nurses but includes employees from Administration, Ecology Research, the operating rooms, and the Thyroid lab.

Mr. Wasileski alternates the starting positions among different players. Karen Hopcia of the Hemotology-Oncology Department and Diane Gouveia of the Thyroid Unit share the pitching duties,

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From right to left: Nursing Assistant, Bernice Weeks, Carol Mahoney, Rita Parent, RN, and Barbara Noble, LPN, prove that eight hands are better than two as they get ready to lift patient Elizabeth Rogan of Wellesley, Mass.

Spend a day

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now," and then she asks me to tell his mother to come in. So goes a day in the life of a nurse.

Many MGH employees had the opportunity this month to discover first-hand the challenges nurses face as medical practitioners, and the quality of care they provide for patients.

Ms. Mary E. Riffe, Manager of Supply and Inventory in Materials Management, spent an evening shift with Anne Armstrong, RN in the Pediatric ICU. Ms. Riffe comments, "I was impressed by the degree to which they assist families in working through problems. And they take care of the whole patient, not only their physical needs but their emotional needs as well."

Ms. Riffe felt that the most challenging aspect of nursing was "the emotional investment and some of the not so happy situations. The baby I was helping to care for that day was terminally ill. Yet I saw no cessation or lessening of care by Anne Armstrong, even though she knew the child was going to die."

Carol Mahoney, a secretary for the Department of Orthopaedics and Neuroscience Nursing Service, spent a day with Rita Parent, RN on an Orthopaedic unit. "The compassion they show their patients is an eye-opener," says Ms. Mahoney. "Having to be aware of the different needs of patients and all of the different attitudes toward hospitalization is a real challenge."

Caring and compassion in the face of heavy work loads; putting the patient before all else—these were the recurrent themes gleaned from comments of MGHers who participated in the second annual "Spend a Day With a Nurse" program. It was an enlightening experience and valuable time for many MGH employees to share with nurses who are on the front lines of patient care.

Dr. William Abbott, Chief of Vascular Surgery (right), spends a day with Linda Morrison, RN, and patient William Manning. Photo by Linda Melanson, RN.

Softball

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while Judy Lenz, RN, of the O.R. and Pat Sedenger, RN, of Burnham 4 share the catching.

First and second base are played by Linda Langone, a secretary, and Valerie Spicer, RN, of the Chelsea Health Center's emergency room, and Linder Weider and Gloria Gallagher of the Thyroid Research Unit. Ms. Schaeffer and Annette Mullin, RN, of Baker 10, play third base, while Jeannette McWilliams, an administrator at the Chelsea Health Center, plays shortstop.

The outfield consists of Kathy Jewell, LPN, of the Chelsea Health Center's emergency room, Emily Medford, RN, of Phillips House 2, Laurie Lynch, RN, Toby Pearlstein, a librarian and Diana Fordham, an administrator at Lasell College.

Those interested in the MGH recreational leagues should call Gretchen Paradis, secretary to Mr. Kauffman at Ext. 8626 for further information.

BHHC

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federal funding. However, they eventually received a grant from the Children's Bureau of the Department of Health, Education, and Welfare for a children and youth health program.

With local matching funds, including generous assistance from the Boston Department of Health and Hospitals, and the George Robert White Trust, the project got under way initially as a school health program. This program, which was administered by the MGH, was the genesis in 1968 of the Bunker Hill Health Center.

"Many forces converged to encourage the MGH to look beyond its walls; to create a model of health care which would be cost efficient and a new delivery system which would address those issues in the community of Charlestown," says Dr. Sweet.

The program was spearheaded by former General Director Dr. John H. Knowles, Dr. Nathan B. Talbot, former Chief of the Children's Service, Pediatrician Dr. John P. Connelly, Mr. Henry Murphy, a former administrator, and Dr. Alexander Leaf, now Director of the MGH/Harvard Cardiovascular Health Center. Of those founders, only Drs. Talbot and Leaf are still alive.

Dr. Sweet remembers, "Dr. Leaf felt very strongly that a model in a neighborhood made a lot better sense than an HMO model because of the opportunity to do significant preventive health work at the neighborhood or grassroots level."

The George Robert White Trust building, which the BHHC occupies on 73 High Street, was constructed in 1929 and had always been human service oriented. It had been used as a well baby clinic, a suicide prevention center, and as the offices of the North East District of the Visiting Nurses Association. However, the agencies within the building had never provided primary community health services to Charlestown residents.

With more than 100 people on staff, the center now receives 50,000 patient visits annually and offers home visits, health screening, community education, community mental health, adult medicine, pediatrics, emergency treatment, walk-in services, a cardiac risk reduction program, occupational health services, alcohol and substance abuse treatment, sports medicine, a woman's health program, and a variety of other services.

As well, a BHHC staff member, Dr. Thomas Panowicz, a clinical psychologist, started a summer day camp for children with behavioral problems. Camp Bunker Hill, as it is called, is in Westwood and serves 80 children from Charlestown and Chelsea.

Dr. John P. Connelly, former Executive Director of the MGH Bunker Hill Health Center, examines Charles Ryan at St. Mary's School, Charlestown. Photo taken in 1969, courtesy of the MGH News.

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The MGH Institute of Health Professions has a new President

Patrick McCarthy pointed to a watercolor he had painted which lay against a wall in his office. The painting depicted a silver blue, auburn speckled salmon in an arched ascent above the water. "It's a landlocked salmon," he says. "It's in its first jump. It has just discovered it's hooked. And it thinks it can get away."

Mr. Patrick E. McCarthy, the new President of the MGH Institute of Health Professions, has no intention of getting away, because for a long time he's been hooked on education.

His experience is extensive, including 11 years as Chancellor and CEO of the University of Maine, his home state, and eight years as Chancellor and Deputy Chancellor of the Massachusetts Board of Higher Education. In the mid-1960s, he headed an international United Nations team which developed a major research institute in Ireland. As well, Mr. McCarthy has worked in many capacities in education and business and has acted as a consultant for organizations, such as the Corporation of Public Broadcasting and the American Academy of Arts and Sciences.

He intends to draw on his experience in education and planning to set a course for the institute. Mr. McCarthy received his master's degree in City and Regional Planning from Harvard University in 1960. "I'm trained analytically as a planner, and that really breaks down...into problem solving, and short-and long-range planning," he says.

"The skills that are required are a combination of people skills—learning to listen to what people need and want; analytical skills, which means you have to be able to use the tools of measurement and projection; and a kind of sociopolitical set of skills that allow you to negotiate alternative futures."

The Institute of Health Professions is a fully accredited graduate school affiliated with the MGH. It offers the master of science degree in dietetics, nursing, and physical therapy. It also maintains a Neurolinguistics Laboratory for research in speech and language pathology. And a Center for Research on Reading and Writing Disorders on the North Shore is a joint project of the Neurolinguistics Laboratory and the

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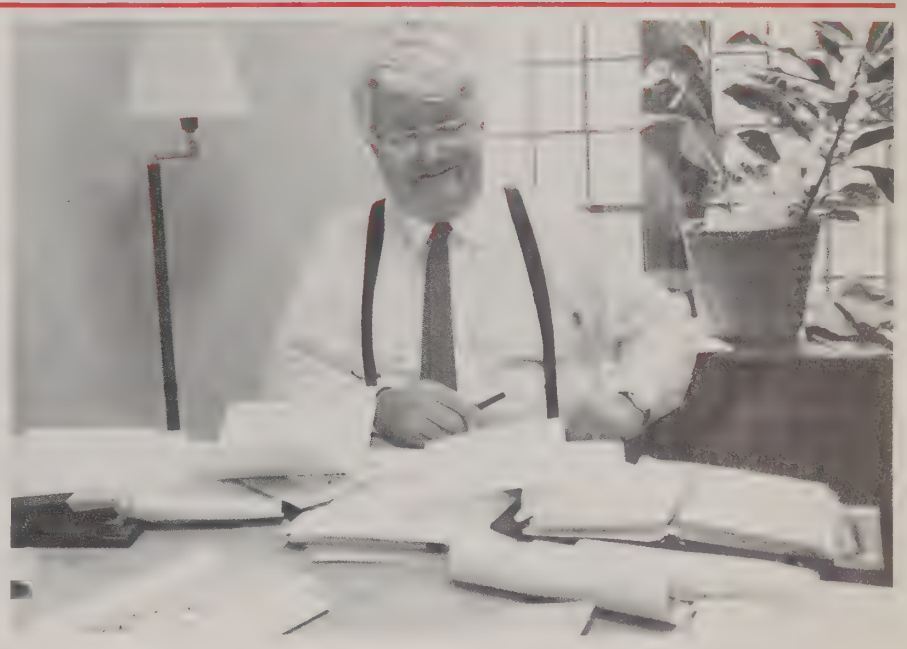

As President, Patrick McCarthy plans to steer a new course for the MGH Institute of Health Professions.

The MGH is part of the club

The Massachusetts General Hospital has recently been inducted as a charter member of the new Quabbin Club, by the Massachusetts Water Resources Authority. Quabbin Club membership is granted to highlight outstanding efforts by organizations, businesses, and individuals to promote and employ water conservation practices.

The MGH was recognized for its cold room conversion project in the Jackson Tower research laboratories, which will save over 11.5 million gallons of water each year.

There are 26 cold rooms throughout the Jackson Tower of the Gray Building, which maintain temperatures ranging from 10 to 40 degrees Fahrenheit for research experiments. The condensers for these rooms run continuously and require a constant supply of cold water.

Prior to the implementation of this project, cold city water was circulated through the refrigeration units and then discharged into the sewer. The facilities engineers at

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Michael McGah, RN sports the new garb.

Universal precautions

part one in a series

When three health care workers became infected with human immunodeficiency virus (HIV) last year, through contact with the blood of patients, the Occupational Safety and Health Administration (OSHA) stepped in with a new set of rules. Universal Precautions, as they are called, were developed by the Centers for Disease Control (CDC) and are designed to protect health care personnel from exposure to contagious and life-threatening illnesses while on the job.

The new mandate demands that health care workers protect themselves if they are likely to come into contact with the blood or body fluids of any patient, not just patients with AIDS or those in high risk groups.

With the emergence of AIDS as the health threat of the 80s, comes the growing recognition that a potentially contagious person cannot be easily identified. In fact, a blood test is required to determine if a person has been exposed to AIDS, and there is a "window" period of up to several months in which antibodies to HIV cannot be detected in the blood.

According to the Massachusetts Department of Public Health, as of April 1988, Masschusetts ranked ninth in the country with 1,247 reported AIDS cases compared to the 57,575 cases nationwide. And the Centers for Disease Control estimates, that for every AIDS victim, there are fifty people who are likely to be infected with the HIV virus.

Says Maureen Spencer, Senior Infection Control Clinician, "The reason that Universal Precautions makes sense is based on the future

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Paul Levy, Executive Director of the Massachusetts Water Resources Authority lauds the MGH's water conservation efforts in a news conference held in the Ether Dome last month. Representing the MGH were Stephen Kauffman, Assistant General Director of the MGH, and Anand K. Seth, Director of Facilities Engineering.

The Club

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the MGH realized that if chilled water could be used in a closed loop system, a substantial amount of water could be saved. They were right.

Water conservation projects will be implemented in other areas of the hospital as well. Says Anand Seth, Director of Facilities Engineering, "Water is becoming a precious resource, and investment in water conservation is a responsible approach for this institution and others."

The MGH will be formally recognized for its efforts at an awards ceremony to be held next week. Last month, the MWRA held a news conference in the Ether Dome to highlight the cold room conversion project.

New President

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Landmark School, a school for dyslexic children. As well, the institute recently inaugurated a program in ethics.

"The institute is at a stage in its evolution where an evaluation of its plans must be done in conjunction with the important relationship it has with the hospital and the other corporations associated with the hospital.

"I need to set up a dialogue for the institute...and draw up an agenda of potential mutual concerns that will build a first-rate educational support system and also a useful partner for the hospital."

Mr. McCarthy sees the mission of the institute as threefold. It is first a teaching and learning facility he points out. Second, it is an institution which must maintain high quality research, and third, it is a platform on which people of varying ideologies might meet.

"The proximity of the hospital and the Boston community offers an opportunity to convene various people, ideas, and interests. We already have the beginning of that kind of function in Dr. Purtilo's program on ethics."

Last fall, the institute initiated a new program in ethics, headed by Dr. Ruth B. Purtilo, Ph.D, P.T., Henry Knox Sherrill, Professor of Ethics. The program is designed to educate, and provide a forum for the discussion of ethical issues. As well, it has research and consultation functions.

Mr. McCarthy often focuses on the relationship between the institute and the hospital. The founding of the Institute of Health Professions in 1977 made the MGH the first hospital in the country to award graduate degrees.

"We need to tap the people who are faced with the opportunities and problems associated with delivering health care in the hospital," he comments. "From that quarter will come a number of new initiatives. And to that end, I have spent my first 30 days here sitting on people's front steps, talking to as many people as possible, and listening."

Mr. McCarthy also intends to direct his energies into finding and attaining excellent quality staff and students, and working closely with the institute's Board of Trustees. As a manager, he is people oriented and encourages initiative and ingenuity. "The fragile element in

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In General

Dr. John A. Parrish, Chief of the Dermatology Service at the MGH and Professor and Chairman of the Department of Dermatology at Harvard Medical School, has just been inaugurated as the President of the American Society for

Drs. Parrish, (right), and R. Rox Anderson work on a tunable dye laser in the Wellman Laboratories of Photomedicine. Photo courtesy of the MGH News.

Lasers in Medicine and Surgery (ASLMS) for 1988-89.

The Society has 1,500 members and is the primary communication network for representatives from industry, academia, and government regarding the application of laser technology to medicine and surgery. Dr. Parrish has played a major role in the growth and development of the society and has created a collaborative research program at the MGH Wellman Laboratories of Photomedicine where MGH researchers work with scientists from industry, basic scientists from the Harvard-MIT Division of Health Sciences and Technology and other clinicians and researchers from a variety of specialties.

Dr. Patricia K. Donahoe is the recipient of a two-year cancer research grant for $428,000 from the American Cancer Society's National office for her studies of biological modifiers.

Dr. Donahoe, Chief of the Division of Pediatric Surgery, will study the proteins that control development of mammalian fetuses. These proteins may also be able to control the growth of cancer cells in tissues.

The most up-to-date and definitive guide to the clinical and research aspects of psychiatric illness has just been published. *The New Harvard Guide to Psychiatry,* edited by **Dr. Armand M. Nicholi, Jr.,** Clinical Associate, Department of Psychiatry at the MGH and Associate Clinical Professor of Psychiatry at Harvard Medical School, was released last month by the Harvard University Press, Cambridge, Mass.

The text includes contributions from 42 eminent specialists, many from the MGH, who discuss in detail their individual areas of expertise, including recent advances in molecular biology that have led to a search for a specific gene in the transmission of schizophrenia, increased incidence of disorders such as bulimia and Alzheimer's disease, and the emergence of AIDS and its psychological implications.

The MGH often receives letters in praise of the good work of its staff. Here is one such letter.

I am taking this time to put in writing my thank you and my appreciation to a few very special staff members of the Massachusetts General Hospital.

First and most important, I would like to say thank you to Dr. John T. Herrin, Chief of Pediatric Nephrology. Dr. Herrin and I first met twelve years ago when I was ten years old. As his patient, I was on hemodialysis for several months before receiving my first kidney transplant. My first kidney was given to me by my brother John in November of 1976.

Under Dr. Herrin's care I kept my kidney for ten years. It failed in August of 1986. Once again I went back to being a hemodialysis patient for four months. My sister Ann then gave me one of her kidneys for my second kidney transplant. Unfortunately my second kidney failed one year later in January of 1988.

Dr. Herrin was always there to help me through these trying times. Not only did he extend his expert professional care, but he always made me feel special. He cared. Dr. Herrin always took the time to discuss "me," Terri O'C., with me. His honesty and concern leaves me with a feeling of trust and respect. His advice and opinions have always helped me to make the important decisions I have needed to make.

One recent decision was to try peritoneal dialysis, which I am presently doing and have been for four weeks. What I like best about peritoneal dialysis is that I feel I have some control of my situation. Peritoneal dialysis allows me a flexible schedule that enables me to keep a job. This is important to me.

The next two people I would like to thank are two wonderful R.N.s, Rita Barry and Maria Luongo. They have taught me what I need to know about peritoneal dialysis. Rita and Maria are always there with their advice, care, and special feeling of friendship.

Dr. Herrin, Rita, and Maria, and your very important professional care and most of all your caring ways and guidance have meant a lot to me.

Thank you. You are very special people to me. You have made a big difference in my life.

With love from,
Theresa M. O'Connor

What's happening?

Moving

More MGH departments are on the move. The Clinical Administration Classroom, previously on Baker 1, has relocated to Phillips 1. The Cox Special Waiting Area for B.I.D. patients, formerly on Phillips 6, has moved to Baker 1.

Other moves include:

I.V. Technicians Locker Area & Office from Phillips 6 to Baker 1 (Until 8/88)

Orthopaedic Nursing/Neuroscience Nursing from Baker 1 to Phillips 1

Phillips House Nursing Leaders from the first floor of Phillips to Phillips 6

Institute of Health Professions announces Ionta Lecture

The 6th annual Marjorie K. Ionta lecture will be held in Shriners Auditorium on June 29. The speaker is Jane Mathews, President of the American Physical Therapy Association. Ms. Mathews' lecture is entitled "The Future of Physical Therapy in the Hospital Setting."

Summer radiation protection course in Wellman Conference Room

The Radiation Safety Office will offer this course to all laboratory and hospital personnel. The course, taught by Dr. Frank P. Castronovo, details basic information on radiation safety, nuclear physics, radiation biology, nuclear instrumentation, and dosimetry (measurement of doses of radioactivity). Classes will be held on Tuesday and Thursday, 3:00 - 5:00 pm, July 12, 14, 19, and 21. To register, call the Radiation Safety Office at ext. 2425.

Interns graduate from Clinical Pastoral Education Program

Twelve Chaplain Interns just completed the Clinical Pastoral Education (CPE) course at the MGH, an accredited program administered by the MGH Department of Pastoral Care and Education, Director, the Reverend Phillip M. King, PhD.

The MGH CPE program was implemented by Dr. Richard C. Cabot and Chaplain Russell L. Dicks, B.D. in 1925 and was the first such program in a general hospital in the country. The program has been reaccredited for the next seven years by the national Association for Clinical Pastoral Education.

Sister Christel Antonellis receives her certificate for completion of the CPE program from the Reverend Phillip King, as Jeff Davis, administrative representative for the department, looks on.

Precautions

from page 1

shock that we are going to have more people in the health care system HIV positive."

In many situations like the immediate response that is required in the Emergency Ward, it is not practical to try to determine if a patient is infected before treatment begins. Thus, to be truly safe, health care workers must protect themselves in all circumstances and, in fact, treat all patients the same.

As well, Universal Precautions address an issue central to the quality of patient care. All patients deserve the best care possible and should not be treated differently because of the nature of their illness. And AIDS patients can be best assured of equitable care through the implementation of Universal Precautions. Says Kay Herd, RN, AIDS Nurse Clinician, "You protect yourself as if all patients have AIDS, and you treat patients as if none of them have it."

Ms. Herd and other professionals familiar with infectious disease warn against focusing only on AIDS, and against unnecessary fear of contracting AIDS from patients. "The risk of developing hepatitis B is considerably higher," says Ms. Herd. In fact, the risk of transmission of Hepatitis B virus is five to ten times greater than the risk of

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Mattie Rodgers of Environmental Services empties a waste basket. Use of needle boxes recently installed in patient rooms has greatly reduced the number of employees who get stuck with needles improperly disposed of in trash cans and even laundry.

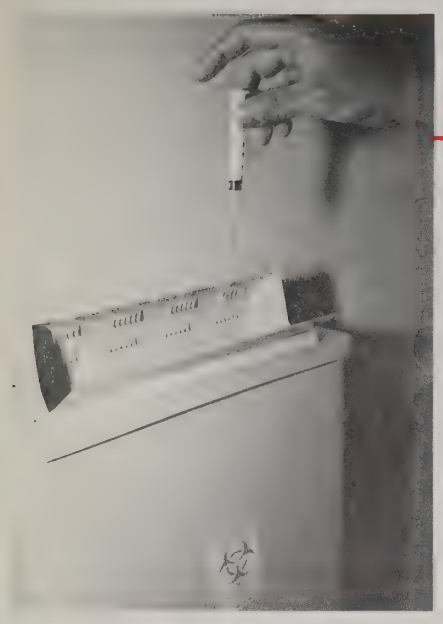
Announcing!

Women's health day

An all-day educational event, entitled "MGH Women's Health Day," will be held on Wednesday June 15. The program will feature exhibits on the Bulfinch Terrace and lectures on health issues of concern to women. As well, the program promises up-to-date information on topics ranging from stress, to day care, to breast cancer. The event is open to all MGH employees and guests.

Program

7:30 - 8:15 am	
Caring for Aging Relatives: Who Can Help?	Walcott #1
AIDS Among Women and the Workplace	Walcott #2
8:25 - 9:10 am	
The Cholesterol Dilemma: Fact, Fiction and Solutions	Walcott #1
PMS: Premenstrual Syndrome	Walcott #2
Stress: How to Recognize It, How to Manage It	Wellman
9:20 - 10:05 am	
Daycare Options: What is the Reality?	Walcott #1
Eating Disorders: What to Know, How to Help	Walcott #2
Smoking: Promoting a Smoke-Free Environment	Walcott #3
Menopause	Wellman
10:15 - 11:00 am	
Taking Care of Yourself	Walcott #1
Pounds: Too Much, Too Little	Walcott #2
The Pregnant Woman at Work	Walcott #3
Substance Abuse in the Workplace	Wellman
Noon	
Exercise is for Everyone	Bulfinch Courtyard
2:15 - 2:50 pm	
Substance Abuse in the Workplace	Wellman
3:00 - 3:45 pm	
Day Care Options: What is the Reality?	Walcott #3
Caring for Aging Relatives: Who Can Help?	Wellman
4:00 - 4:45 pm	
AIDS Among Women in the Workplace	Wellman
5:15 - 6:00 pm	
The Treatment of Breast Cancer in 1988	Wellman



To avoid a sticky situation, don't recap needles. Pictured here is one of the new needle boxes the MGH is considering for patient rooms.

Precautions

from page 3

transmission of the AIDS virus. "HIV is a rather fragile virus," reminds Ms. Herd. "It is not easily transmissible." The fact that so few of the hundreds of thousands of health care workers in the country have been infected with HIV through contact with patients indicates this.

Those highly publicized cases involved significant exposures to blood. As Ms. Herd points out, "You have to have blood-to-blood contact. The skin is a barrier, and each of the health care workers had broken skin.

"Nobody wore protective clothing except for one worker who had on glasses," says Ms. Herd. In one case, for instance, an emergency room nurse who had a rash on her fingers applied pressure to a bleeding artery for 20 minutes.

Protection comes in the form of products like gloves, goggles, masks, and needle boxes, and also in new procedures designed to decrease the risk of exposure.

One of the most common causes of exposure in hospitals, in fact, are needle sticks. There are for example, 40-60 needle-stick injuries reported at the MGH each month, most of them resulting from employees trying to recap needles. However, other employees are at risk as well. For instance, environmental service employees have gotten stuck by needles improperly discarded in waste baskets. To address the incidence of needle-stick injuries, boxes for the disposal of needles have been placed in all patient rooms.

Though health care workers must protect themselves, there is no reason for fear. Ms. Spencer cites studies that show that the virus is not transmitted in households where family members are caring for AIDS victims. "Toilet seats and telephones, door knobs and dishes do not transmit this virus," says Ms. Spencer.

"You need to protect yourself when you are going to be in contact with blood or body fluids, through the use of Universal Precautions," says Ms. Herd. "You need to wear gloves, a gown, mask, or goggles, depending on the situation. And ordinary soap, bleach, alcohol, peroxide will kill the virus.

"This means a change in behavior. In the five seconds it takes you to put on gloves, you can have them on by the time you are at the bedside."

Employees like nurses, doctors, environmental service workers, or phlebotomists, for instance, who work in situations where direct contact of skin or mucous membranes with blood or body fluids is possible will be required to wear protective equipment, or have that equipment immediately accessible. And employees who do not work with body fluids of patients, such as office workers, are not required to wear protective equipment.

The MGH Manual of Precautions Techniques has been rewritten to reflect the CDC & OSHA guidelines. The guidelines are quite extensive. However, a synopsis recommends the following steps:

- take care to avoid sticks—do not recap needles
- wear barrier protection if likely to come into contact with blood or body fluids
- dispose of contaminated sharps in rigid puncture proof containers, such as the needle boxes now available in patient rooms
- wear gloves when handling specimen containers, and avoid breakage
- consider as hazardous, materials like dressings which are contaminated with blood
- wash hands often
- clean up spills of blood or body fluids immediately

Implementation of Universal Precautions will place a substantial financial burden on hospitals. Watch for *"The $Costs$ of Precautions"* in the next issue.

New President

from page 2

the construction of a successful academic endeavor is creativity," he says, "and the understanding that you need to nurture the kind of freedom that permits creativity to thrive."

Mr. McCarthy, who is both a fly fisherman and an artist, says he no longer has much time for fishing. In fact he refers to his life-long avocation as "like the grout (mortar) that holds up a great building. Without it you don't have the building. But it only fits in the cracks."

Retirements

Marian Johnson and George Yakes toast their retirement.

The Hotline extends heartfelt congratulations to the following employees who have recently retired:

January, 1988

Marie Burns, Ambulatory Care, 34 years

Anna Grzybek, Chemistry Lab, 27 years

Marian Johnson, Central Supply, 27 years

Harold Prout, Nursing, 24 years

Orrin Wood, Treasurer's Office, 19 years

Elizabeth Turner, Endocrine Research, 14 years

Gertrude Shaw, Respiratory Care, 10 years

George Yakes, Central Supply, 13 years

February, 1988

Virginia Kinsley, Communications, 27 years

William Maddox, Medical Records, 22 years

Gregorios Metallides, Maintenance, 20 years

Jennie Kaizzi, Admitting, 16 years

Lynette Beckford, Dietetics, 11 years

March, 1988

Natalie Petzold, MGH Institute of Health Professions, 39 years

Lonnie Cooper, Animal Care, 16 years

Ernest Adamson, Environmental Services, 15 years

Henry Lavoie, Respiratory Care, 14 years

Natalie Petzold receives warm wishes from Dr. Pat Geary, Faculty Chair of the MGH Institute of Health Professions.

Marie Burns celebrates her retirement with friends Paul and Carol Leitch.

The MGH HOTLINE is published twice monthly by the MGH News Office.

William E. Walch, *Vice President for Resource Development and Public Affairs*

Martin S. Bander, *Director of News and Public Affairs*

Kennetha J. Bigham, *Editor*

Doris G. Schreckengaust, *Copy Editor*

John F. Donahoe II, *Intern*

Photos processed by MGH Photo Lab

MGH HOTLINE

23 June 1988

A publication of the
News and Public Affairs Office
of Massachusetts General Hospital
Bartlett 9, Extension 2206

Fourteen "victims" were brought to the MGH after the "disaster" at the old John Hancock Building.

The Disaster Drill

News Alert

Boston—*Early this morning, at approximately 10:00 a.m. an explosion occurred at the Dorothy Quincy Suite in the old John Hancock Building on Berkeley Street near the Public Gardens, said a Boston Police Department official. The blast which shook buildings within a two-mile radius and caused swan boats to overturn, injured 22 people at the site. Fourteen of the victims were taken to the Massachusetts General Hospital for treatment....*

On June 2, the MGH participated in a city-wide disaster drill. New England Medical Center and Boston City Hospital also participated.

The "victims" of the above scenario arrived at the MGH at about 10:30 a.m. Of the fourteen "victims" who were brought to the hospital, seven were critically injured.

The MGH team went into action, cordoning off the White Building Lobby and the WACC medical walk-in area. Communications notified administrative and medical personnel of the disaster. And Security diverted patients and visitors from the White Building Lobby entrance to the entrance of the WACC, and redirected vehicular traffic.

Triage was set up in the White Building Lobby where doctors and nurses evaluated the severity of injuries, and Emergency Ward staff kept written records of patient conditions.

Some "victims" went to the Emergency Ward, but those with less severe injuries were taken to the medical walk-in area of the WACC. Environmental service workers helped transport "patients."

Medical records were coordinated from the White Building Information Desk, and members of the Social Service

continued on page 4

The $Costs$ of Precautions

Part two (concluded)

Treating the growing number of AIDS cases is going to place a substantial financial burden on hospitals. Massachusetts Hospital Association (MHA) estimates put the costs for Massachusetts hospitals at over $270 million for direct care alone by 1991.

And according to the MHA, the costs associated with preventing the transmission of HIV through the use of universal precautions in Massachusetts hospitals are estimated at more than $50 million over the next four years.

These costs would involve implementation of universal precautions, which are the new federal guidelines designed to protect health care workers from contracting contagious diseases through patient contact. As well, the costs of monitoring compliance with the new guidelines, employee training and counseling, hazardous waste disposal, and new products must be considered.

The costs in new products alone is staggering. The MGH will spend over $800,000 on precaution products in the 1988-89 fiscal year—a 102% increase since 1985. For instance, the MGH currently uses over 4 million pairs of gloves at costs ranging from $.10 to $3.10 per pair. According to Mary Riffe, Manager of Inventory and Supply in Materials Management, glove usage at the MGH will increase by 8% in this fiscal year, and we will spend an estimated $550,000 on gloves.

The glove issue is a central one. There is currently a glove shortage in this country, and manufacturers of gloves don't expect to catch up with demand for another two years. In fact, some hospitals are buying gloves on the Black Market, and according to Ms. Riffe, "The glove manufacturers are producing gloves so quickly that we are getting boxes of gloves that have been packaged while still warm and in some cases have melted together."

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Amy Olmstead, RN goes for the gloves.

Patient makes 3 millionth

When Frances Vandermark entered Massachusetts General Hospital (MGH) on Thursday (June 2) for a routine cardiac procedure, she made hospital history. Upon her admission to the MGH's Phillips House, the Gloucester, Mass. resident was issued medical record No. 3,000,000, making her the 3 millionth new patient to be seen at the MGH.

Mrs. Frances Vandermark, the MGH's 3 millionth new patient

"I think it is truly amazing," said the spry 75-year-old. "I have never been to the MGH before. In all these years, I have never even set foot in the building. What a nice surprise."

Lawrence E. Martin, MGH Associate General Director, presented Mrs. Vandermark with a Reiger begonia and an MGH T-shirt to commemorate the event.

The MGH opened its doors on September 1, 1821. The first patient was a saddlemaker who suffered from a then common but fatal ailment, syphilis.

Originally patients came by foot, horse-drawn wagon, and boat. For many years the hospital treated only poor citizens; the wealthy were cared for at home. The MGH has spent tens of millions on free care for the poor through the years.

The third oldest general, civilian hospital in the United States and the oldest in New England has been a leader in alleviating human suffering ever since it admitted its first patient 167 years ago. And while the MGH treats the famous and those from faraway lands,

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Precautions

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Furthermore, due to the shortage, some health care practitioners are having to wash and reuse gloves, though this has not happened at the MGH. Ms. Riffe fears that industry-wide, demand in such excess of market supply will drive up the costs of these products and reduce availability still further.

One of the most serious problems with latex gloves is that they cause contact dermatitis in a small percentage of people. And this may be a direct result of how they are being manufactured. "The latex gloves throughout the industry are being pumped out so fast to meet the demand, that they are leaving behind a lot of chemicals in the treatment process," says Maureen Spencer, Senior Infection Control Clinician.

As well, some people are sensitive to the talc that lines the inside of the gloves. The new vinyl gloves the MGH is buying are lined with corn starch instead of talc in an attempt to address this problem.

Other product costs include:

Gowns. A variety of gowns are now available. Gowns are estimated to cost the MGH $125,000 in fiscal 1988-89.

Masks and face shields which range in price from 13¢-41¢ each will cost the MGH more than $95,000 in 1988.

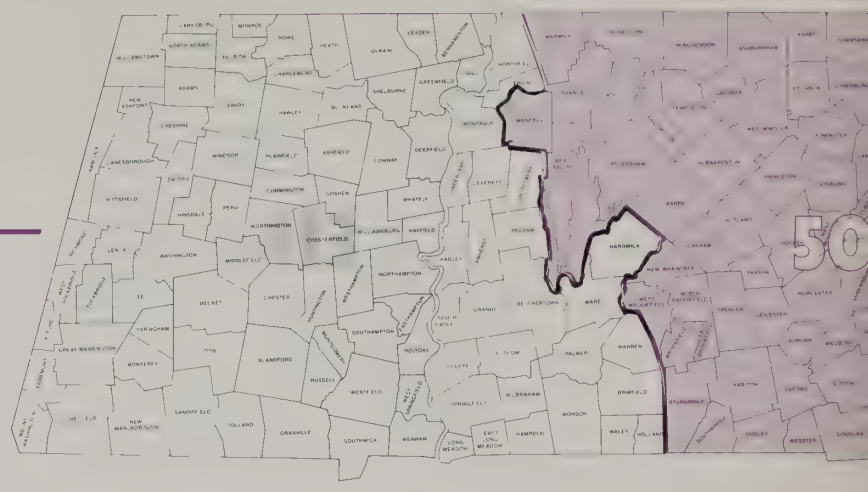
A variety of protective eye wear is available ranging from goggles to side-shields for people who wear glasses. Eye wear will cost an estimated $35,000.

In fiscal year '87, the MGH spent over $16,000 on needle boxes which are used in patient rooms and laboratories. As additional boxes are installed, this cost should increase significantly.

In addition to product costs there are the costs of new waste disposal methods, and new procedures. For instance, hospital personnel now have to individually bag specimens of blood and body fluids, a considerable additional time expenditure.

Universal precautions are crucial to the safety and quality of life of health care workers. However, as hospitals continue to struggle to survive in an increasingly challenging financial environment, some way must be found to offset the costly burden these new guidelines create.

Paul Batista sports the new goggles, and one of the space age face shields that are now available for compliance with universal precautions.



What's new in New England? --the Massachusetts area code

New England Telephone will introduce a new area code in Massachusetts next month. The 508 area code is being added because of the booming growth in Massachusetts which has greatly increased demand for telephone service. As the population in Massachusetts continues to grow, New England Telephone anticipates running out of telephone numbers in the 617 area code by 1989.

The addition of a new area code will enable New England Telephone to assign the same numerical combination for the first three digits of a telephone number in both the 617 and 508 area codes, thereby increasing the number of available telephone numbers.

Areas in central Massachusetts, Mid-South Shore, Cape Cod and the Islands, and parts of the North Shore (see map) will have the new 508 area code. Greater Boston will keep the 617 area code.

For customers in the 617 area code, the addition of the new code will only involve changes in dialing patterns. For instance, to call a number on Cape Cod, you must now dial 1-508-222-3333, instead of the usual 1-222-3333.

Customers in the new 508 area code will have to make more drastic changes. For instance, businesses will have to update their stationery and forms to reflect the new code. However, there are no MGH facilities situated in the regions which will have the new area code.

George Levesque, Director of Communications at the MGH, thinks the addition of an area code will benefit the hospital in the long run. He says, "The hospital is growing fairly quickly, and the number of available telephone numbers may soon not meet our demand."

Changes at the MGH will involve updating personnel records for those employees who live in the 508 area code. As well, any departments using automatic dialing or communications systems will have to make changes to reflect the new 508 area code. And fax numbers will have to be adjusted for businesses in the 508

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In General

Mr. James Lofton, who works in the Department of Dietetics as a chef's helper, was honored this month with the Outstanding Student Achievement Award by the Massachusetts Association of Private Career Schools. Mr. Lofton, a student in the electronics technology program at RETS Electronic School in Boston, Mass., received the award for academic achievement, leadership, and community service.

Mr. William Baker, Jr., recently assumed the role of Director of Diagnostic Services. Mr. Baker will also retain his current business responsibilites in the Gynecology Service.

Since coming to the MGH in 1979, Mr. Baker has been a Unit Coordinator in Clinical Administration, the Administrative Supervisor in Biomedical Engineering and most recently, the Service Manager for the Gynecology Service.

Dr. Alfred I. Geller, a post-doctoral fellow at the MGH is the recipient of a three-year post-doctoral fellowship for $63,000 from the American Cancer Society for his work in molecular neuro-biology. Dr. Geller is modifying the Herpes Simplex virus so it will deliver certain genes into the nucleus of a normal nerve cell. Eventually, this technique may be used to substitute healthy genes for unstable genes which predispose a cell to cancer.

Dr. Morton N. Swartz, Chief of the Infectious Disease Unit at the MGH, and Professor of Medicine at Harvard Medical School, recently was honored with mastership by the American College of Physicians during its 69th annual scientific meeting, in New York, N.Y. for his accomplishments as a medical scientist, educator, and clinician. Dr. Swartz is associate editor of the *New England Journal of Medicine.*

Members of the American College of Physicians are honored with mastership for personal character, eminence in practice or medical research, scientific achievement, and service to the college, and they are authorized to use the letters MACP after their names in recognition of their accomplishments.

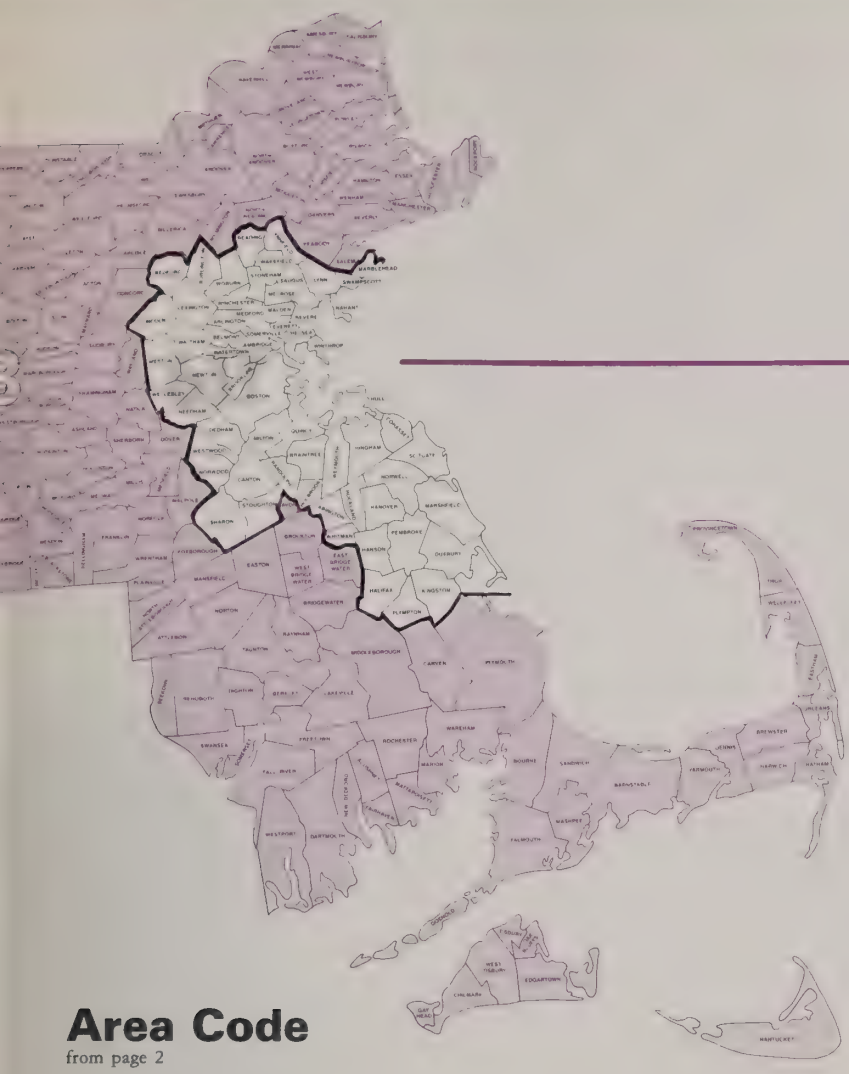
Martin S. Bander, Director of News and Public Affairs at the MGH, has received the Boston University College of Communication Distinguished Alumni Award for 1988.

The award recognizes those of the 15,000 College of Communication alumni who have demonstrated outstanding achievement in their professional fields.

Mr. Bander joins seven other awardees at the college's 40th anniversary.

Dr. John Silber, President of Boston University, said he has watched with admiration since the 70s what was conveyed by the MGH and the style with which it was conveyed. It was not until these awards that he realized that it was a Boston University alumnus who was responsible.

Mr. Bander joined the MGH as a medical editor before attaining his current post in 1974. He graduated cum laude from Boston University in 1950 with a bachelor of science degree in journalism and has received numerous awards first as a medical journalist and then at the MGH for public relations, including publications and news media.



Area Code

from page 2

area code. Though the new code will be introduced in July, there is a year-long phase-in period.

The new area code will have no effect on rates for service or toll calls. Persons who have speed calling or call forwarding may have to make adjustments to reflect the area code change.

New England Telephone estimates that the addition of the new area code will solve the phone number shortage for at least 20 years in the 617 area code, and at least 28 years in the 508 area code. New area codes have been added in the past in New York City, Denver, Los Angeles, Houston, and Central Florida.

Mr. Levesque recommends that departments with automatic or computerized dialing systems contact the Department of Communications for assistance in making adjustments. As well, area code books which list all Massachusetts towns by area code and exchange are available from Communications. For more information call Communications at 2086.

3 Millionth

from page 1

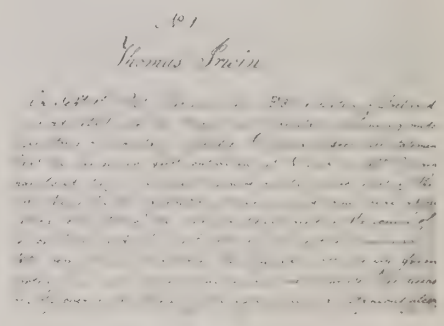
most of the hospital's patients (80 percent) live within 40 miles of Boston.

Today, 34,000 patients are admitted to the hospital yearly and nearly half a million patient visits take place on an ambulatory basis. Of the almost 27,000 surgical procedures performed, one third are outpatient operations from which the patient returns home the same day, thereby reducing costs as well as disruption in daily living.

The patient numbering system actually began in 1937. Prior to that time, hospital figures were based on patient admissions and totaled nearly 500,000 from 1821, when the first patient was admitted, to 1937 when improvements were made in record keeping.

The history of the MGH is rich in medical breakthroughs which have improved the lives of people around the world. Behind many of those breakthroughs were patients who gave of themselves to advance medical knowledge.

The names of many "first" patients have faded from memory, but each made a contribution. They include the first patient to be treated at the MGH Tumor Clinic, the first of its kind, in 1925; the first to receive radioactive iodine (1941) to treat an overactive thyroid gland, helping to usher in the era of nuclear medicine; the first to undergo proton beam therapy with a cyclotron for treatment of a brain tumor (1961); the first patient to receive successful emergency coronary bypass surgery (1970). The



The medical record of the hospital's first patient

50-year-old man was kept alive before surgery with an intra-aortic balloon pump, codeveloped by the MGH and Avco-Everett Research Laboratory. The pump is still widely used preoperatively in cardiac surgery, including heart transplantation.

One of the more famous of the hospital's patients was Gilbert Abbott, who had a tumor removed from his neck by MGH cofounder Dr. John Collins Warren on October 16, 1846. The surgery marked the first time anesthesia was publicly used by a hospital in a successful surgical procedure, proving that painless surgery was at last possible. The anesthetist was a dentist, Dr. William T.G. Morton.

A rugged mariner named Captain Charles Martell in 1926 became the first American to undergo successful surgery to cure hyperparathyroidism, an overproduction of parathyroid hormone.

At other times patients have unwittingly made medical history.

When the arm of 12-year-old Little Leaguer Everett Knowles was amputated in a train accident in 1962, he became the first person to successfully undergo a replantation of a severed limb. Thousands of replant patients around the world have benefited from the experience gleaned from that historic operation.

In 1981 Mark Walsh became one of the first patients to be healed with artificial skin, experimental at that time, after he suffered third-degree burns over 80 percent of his body in a violent explosion at an aerosol-can factory. Codeveloped by researchers at the MGH, Massachusetts Institute of Technology, and Shriners Burns Institute, artificial skin radically curtails the risk of infection and is

continued on page 4

Oodles of files

Massachusetts General Hospital (MGH) has assigned its 3 millionth medical record to Frances Vandermark of Gloucester, Mass.

To get an idea how much space it takes to store 3 million patient records, imagine a filing cabinet drawer seven and a half miles long (or 480,000 linear inches) to hold just four years of information.

With approximately 70,000 new patients visiting the hospital each year, the MGH Medical Records Department receives about 1,000 requests for patient information each week from doctors, hospital departments, insurance companies, etc. (All requests are patient-authorized.) In addition, 30,000 pieces of paper are added to the records weekly.

The patient record of each person treated at the MGH is retained. But the medical records function, developed by Grace Whiting Myers at the MGH in the 1930s, is more than a big filing cabinet. Not only are records used for continuity of patient care but also for research purposes. For example, a physician might wish to review the records of all patients with a certain combination of diseases, common diagnoses, or particular outcomes. Such information on each patient is confidentially maintained on a computerized database.

Rosalba Ramirez, of Medical Records, adds one more record to the millions.

Most hospitals, including the MGH, maintain a paper filing system since computerized programs do not yet exist for the volume of data and the multiple functions which must be retained in the hospital record.

And patient medical records have grown fatter over the years, now stuffed with computer-generated test results, analyses, and other vital patient information.

Dr. Dugan Mahoney ran secondary triage in the Emergency Ward.

Drill

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department assisted with "patients" and families.

At the scene

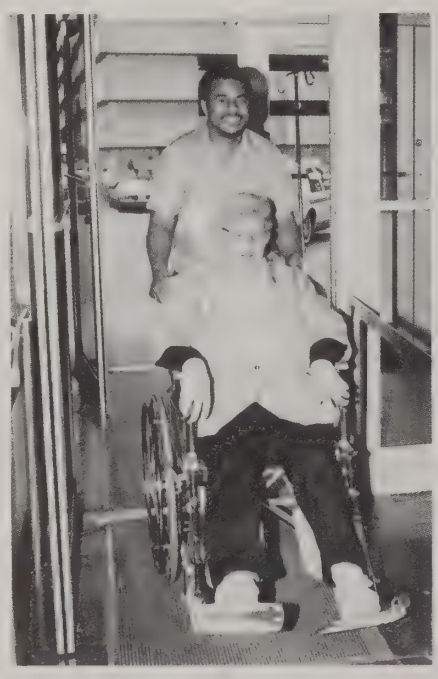
Before the drill Ellen Greenblatt, Administrative Manager for Emergency Services and nurses Anne Stangdy and Mary Ellen Navatto, and nurses from the other participating hospitals helped create the mock injuries which would make this the most realistic disaster drill conducted by the city yet. Dyes were used to simulate

Dr. Fred Ackroyd was one of the triage officers in the White Building Lobby.

blood. Traumatic injuries were simulated with amputated plastic limbs, and heavy black make-up was applied to the faces of mock burn victims.

The victims were played by EMT students from Northeastern. As well, volunteers from the MGH Volunteer Department played victims with less serious injuries.

The drill was not a test but was designed as an educational tool to help hospitals perfect their response systems in the case of a real disaster. Says Ms. Greenblatt, "As we continue to do these drills, we continue to refine and better manage our abilities in the event of a disaster." Ms. Greenblatt is the Chairperson of the Disaster/Communications Committee of the Conference of Boston Teaching Hospitals.



MGH volunteers enacted the less serious injuries during the city-wide disaster drill.

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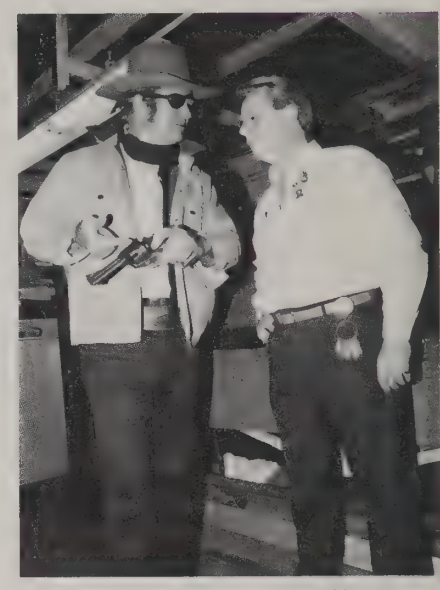
Photos processed by MGH Photo Lab

What's happening

John Wayne visits the MGH

Robert (Smitty) Smith of the Metal Shop recently received a special visitor on his 21st anniversary at the MGH. John Wain (yes, this is his real name), in the guise of Rooster Cogburn of True Grit fame, is a member of the Legends of Las Vegas and stopped by the MGH on his way to a promotional event at City Hall.

The Legends of Las Vegas is a touring company of look-alikes of famous performers, such as John Wayne and Marilyn Monroe. The surprise visit was arranged by Smitty's friend, Jack Roberts, the promotional director of the Legends show. The Legends of Las Vegas will perform at the Wang Center on July 13. MGH employees can receive a discount on tickets by calling 321-7896.



The Duke is back. John Wayne look-alike, John Wain, paid a visit to Robert (Smitty) Smith for his 21st anniversary at the MGH.

3 Millionth

from page 3

cosmetically better than traditional grafts.

And perhaps no one has endured more than Walter J. Dodd, M.D., Chief Pharmacist at the MGH and later head of the Department of Radiology, who became a patient. Within 30 days after word reached America that German physicist Wilhelm Roentgen had discovered the X ray in 1895, Dr. Dodd began an intensive study of the new science, using himself as the research subject. He suffered crippling radiation burns in his quest for knowledge. After more than 50 operations to remove both arms, bit by bit, he died of cancer at age 47, the result of his continual exposure to radiation.

One of the first "victims" in last month's disaster drill

Research studies need volunteers

The Reproductive Endocrine Unit needs healthy female volunteers to help complete several research studies this summer. Women, ages 18 to 40 years, who have regular menstrual cycles and do not take oral contraceptives can take part in the studies. Compensation will range from $100 to $300 depending on the study. Call Sara Light at ext. 5524 for details.

Directory Assistance Please

The 1988 MGH Telephone Directory is now available. Employees can obtain copies of the directory by going to Supply Services in Materials Management in the Gray Basement. Distribution times are Monday - Friday from 10:00 a.m. to 12:00 noon only.

City Books

The new City Books are available in Personnel Records, Bulfinch 2. They cost 50¢ and can be picked up Monday through Friday, 8:00 a.m. - 5:00 p.m.

Credit Union's 50th anniversary

The Harvard University Employees Credit Union will kick off its year-long 50th anniversary celebration on July 28 with a drawing for a color television. Members of the MGH branch can take part in the drawing as well as the events of the coming year. A special issue of Savings News will list activities for the celebration which will include other drawings like the one to be held in July. For more information call the Credit Union at ext. 1630.

MGH HOTLINE

7 July 1988

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Bartlett 9, Extension 2206

Dr. J. Robert Buchanan helps cut the ceremonial ribbon at the ground-breaking for Fox Hill Village last month. Right to left are Dr. Alexander Fisher of Westwood, Peter de Wetter, Executive Vice President/Director of National Medical Enterprises, Inc., Shirley Howard, Chairman of the Westwood Board of Selectman, and Ferdinand Colloredo-Mansfeld, Chairman and Director/CEO of Cabot, Cabot & Forbes.

Helping guide the MGH to financial fitness are (left to right), Joseph Umbro, Donald Heffernan, Richard Crater (standing left), Katherine Howard, Stephen Landay (standing), Catherine Robbins, and John Mahoney.

Changes in Fiscal Affairs will include new faces in the Budget Office

Richard R. Crater, Director of Fiscal Affairs, has announced a number of personnel changes in the Department of Fiscal Affairs.

Catherine J. Robbins has been promoted from Director of Cost Payment to Associate Director of Fiscal Affairs. Her responsibilities will expand to include management of the hospital budget and research fund accounting operations.

Ms. Robbins, who received her MBA from the Wharton School of Business, has worked at MGH in several capacities since she was

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Fox Hill Village—Helping To Close The "Long-Term Care Gap"

Approximately 2.1 million people turned 65 in 1986, some 5,900 per day. That year people above the age of 65 represented 12.1% of the U.S. population.

Contrary to many people's expectations, Medicare (the federal government's health care program for the elderly) does not cover extended nursing home care, nor does it provide full coverage for home health care services—even with its most recent expansion. In addition, despite growing demand, private long-term care insurance is still not widely available.

Many older Americans live at home alone, in houses which are too large for their convenience and may no longer suit their needs.

Continuing Care Retirement Communities offer a viable solution to the health care and housing problems of the elderly. Retirement care communities allow the elderly an independent life-style, while having full access to long-term health services and long-term care insurance.

Fox Hill Village

The MGH Health Services Corporation, an affiliate of The Massachusetts General Hospital, is sponsoring Fox Hill Village, a Continuing Care Retirement Community, with 356 apartments and a 70-bed nursing home, situated on an 83-acre, wooded site, in the town of Westwood.

A ground-breaking ceremony last month kicked off the construction of Fox Hill, which is a cooperative venture between MGH Health Services, National Medical Enterprises (the second largest health care company in the United States) and Cabot, Cabot and Forbes (a leading national developer of real estate). At the ground-breaking ceremonies, Dr. Buchanan described MGH's involvement in the project: "Massachusetts General Hospital remains committed to serving the elderly population in our community, and projects, such as Fox Hill Village, are vital to meeting the needs of this nation's rapidly growing elderly population."

Mr. Vincent Cucchiara, Vice President of The MGH Health Services Corporation, and the

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Kitty Dukakis thanks those who helped

Kitty Dukakis introduces the health care team that cared for her during her stay at the MGH last month. Mrs. Dukakis was operated on for two herniated cervical disks which were pressing on her spinal cord. The disks were removed and replaced with a bone graft taken from her hip. Standing behind Mrs. Dukakis are (left to right), Ann Geary, RN, Betsy McGreevy, RN, Barbara Fee, RN, Dr. Eric Zager, Assistant in Neurosurgery, Dr. James R. Lehrich (rear), Neurologist, and Dr. Nicholas T. Zervas, Chief of Neurosurgery. Not pictured are Drs. Lawrence Borges, Head of the MGH Neurosurgical Spine Service, and Frederick L. Mansfield of Orthpaedics who, along with Dr. Zervas, performed the operation. Photo by Myron Daniels.

Fox Hill

from page 1

person at the MGH who has been instrumental in making Fox Hill a reality, says: "Fox Hill Village is designed to allow elderly people to live independently for as long as possible, with a full range of health care and social support services available to them."

The idea for MGH to sponsor a project like Fox Hill was conceived originally by the late Eleanor Clark, the former Director of the Department of Social Service at the MGH. Ms. Clark believed the hospital's responsibilities to its patients did not end with their discharge, and that a way should be found to care for our growing elderly population, which would allow people independence and dignity in their advancing years. "Caring for the nation's elderly is a natural extension of MGH Health Services' central mission: to offer the highest quality health care to the community," says Mr. Peter Atkins, Coordinator of Retirement Community Programs.

Nursing homes and home care do not address all of the elderly's needs. Due to state governments' strict control, there are not enough nursing home beds to service all those who are in need. Moreover, nursing homes only serve those elderly people who are already infirmed; they do not address the needs of the elderly who are home alone, or who need some assistance in living but are generally able to take care of themselves. In addition, home health care services are expensive and are usually not covered under most health insurance policies.

Continuing Care Retirement Communities, such as Fox Hill Village, offer a variety of alternatives. Fox Hill Village, for example, which caters to people who are over age sixty-two, will offer 329 "independent living units" (apartments that have been specially designed to make life easier for their owners), 27 "assisted living units" (designed for those people who need some measure of help in their daily life), and a 70-bed skilled nursing home.

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Institute of Health Professions holds graduation ceremony

The MGH Institute of Health Professions has held its eighth graduation ceremony last month. Thirty-six students in graduate programs in dietetics, nursing, and physical therapy participated in the ceremony.

Patrick M. McCarthy, President of the institute, welcomed graduates, their families and friends, institute faculty and staff, and members of the MGH community. "The institute," he said, "is one of the leading small educational institutions in this state. Its hallmarks are the quality of its faculty and the excellence of its students. As the newly appointed President, I am honored to be a part of the institute and of this graduation ceremony."

The ceremony began with an invocation delivered by the Reverend Phillip M. King, Ph.D., Director of Clinical Pastoral Education at the MGH. Ms. E. Lorraine Baugh, M.S., Chairperson of the Institute's Board of Trustees, introduced the keynote speaker, Dr. Deborah Prothrow-Stith, Commissioner of the Massachusetts Department of Health. Dr. Prothrow-Stith addressed issues of AIDS, infant mortality, adolescent violence, and the nursing shortage.

Patrick M. McCarthy, President of the MGH Institute of Health Professions, and Board Chairperson E. Lorraine Baugh send graduates on their way.

The Commissioner lauded the institute's new program on ethics and said, "There is an urgent need for leadership in the area of health care ethics. By helping to produce ethical, caring, humanistic health care professionals, we, as educators, are making an investment in health care education overall."

Two students, Gail Brown and Cynthia A. Howard, received the Louise Hatch Awards. Louise Hatch, who was the Director of the Department of Dietetics and of the Dietetics Internship at the MGH from 1949-1979, was instrumental in establishing the graduate program in dietetics at the institute. The Louise Hatch award is given to a student or students who demonstrate excellence in the theory and practice of dietetics and display potential for professional leadership.

Aerobicize

It's that time of year again when many of us are becoming even more concerned about extra pounds. We've all heard that a combination of diet and exercise is the best way to lose weight, and people who exercise regularly are more likely to keep weight off.

To grasp a little of how this works requires an understanding of how the body converts food into energy.

The calories derived from the foods we eat come in the form of carbohydrates, found in breads and potatoes for instance; proteins, found in meats, eggs, and spinach; and fats found in meats and milk products like butter. Carbohydrates are converted to glucose, which is the major nutrient for the brain. And glucose is used by the muscles to generate energy. Proteins are used for tissue growth and repair but can also be converted into glucose. And fat acts as an energy source for the muscles.

Excess calories in the form of carbohydrates or proteins, which are not immediately needed by the body, will be stored as fat. The ideal situation is to burn all three of these substances and avoid as much as possible excess storage of fat. Indeed, it is this stored fat which is the crux of obesity, and to lose weight, the body must find a way to burn fat.

Aerobics

Aerobic exercises require brisk, sustained activity—the kind of activity, like jogging, that allows your heart to get into a steady rhythm of pumping oxygen-rich blood to your muscles. And since the body needs the oxygen which is in the blood to break down fat, aerobic exercise is one of the best ways to promote weight loss.

To reap the full benefit of aerobic exercise, it must be done for at least 20 minutes per session, since it takes this long for the body to begin to burn fat as fuel. As well, aerobics should be done regularly—three to five times per week.

Another benefit of regular exercise is that it increases muscle mass. And since the muscles need energy supplied by fat, the more muscle the more fat burned.

Imagine two people, Peter and John, walking up a flight of stairs. John is fit and has lean muscle, whereas Peter, though of the same weight, has less lean muscle and more fat. Remember, its the muscle which needs the energy not the fat, so the more muscle the greater the metabolic rate. In fact in this example, John will burn off more fat than Peter while doing the same activity.

Other important benefits of aerobic exercise include greater cardiovascular strength. As the heart muscle is strengthened, it beats slower and doesn't have to work as hard to pump blood throughout the body. And the heart pumps more blood with every beat and is therefore more efficient.

As well, cholesterol and triglyceride levels decrease, and blood pressure is lowered.

Aerobic exercises include jogging, swimming, brisk walking, jumping jacks, aerobic dancing, jumping rope, bicycling, cross-country skiing, and rowing.

The MGH offers ongoing aerobics classes for employees. Classes cost $3.00 per session and meet throughout the week. For information contact Linda Lass-Schuhmacher at ext. 1625.

As well, the Department of Dietetics offers a weight loss program called "Winning at the Losing Game," which includes exercise. Contact Mary Kay Fox at ext. 2520 for information. And the Physical Therapy department offers a modified aerobics class for employees. Call Kate Cote at ext. 2963 for details.

Fox Hill

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The community, which is scheduled to open in 1990, will therefore provide a continuum of care for its residents, allowing people to have access to whatever care they might need—all in one location.

To move into an independent living unit, a person must be able to function in day-to-day activities. If an individual requires some help to perform basic tasks (but does not require full nursing care), he/she can opt to move into an assisted living unit, rather than having to depend on family or become dependent in a nursing home. And, should a Fox Hill resident require nursing care, a fully equipped facility is on the campus, allowing residents to have easy access to those services they require and permitting them to remain close to their family and friends.

Health Care Management

One of the most important features of Fox Hill Village, is its on-site health management. Fox Hill will offer its residents a health care center on the site, staffed by MGH professionals, who will run a wellness program which will include health screenings, social services, education, nutrition services, and

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Fiscal Affairs

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an Administrative Fellow here in 1979. She is also a Fellow in the Health Care Financial Management Association.

A new Budget Director

Upon the resignation of James Puiia, to accept the position of Director of Policy Development for the Maine Hospital Association, Katherine A. Howard has been appointed as the new Budget Director.

Ms. Howard will direct the Budget Office in an expanded role that will include the integration of cost accounting and casemix analysis into the hospital budget process. According to Ms. Howard, "This will involve understanding the different types of patients the hospital treats and their resource needs; assessing whether the number and mix of those patient types is changing; and projecting the impact on the hospital budget."

For example as Mr. Crater points out, "With the advent of DRG's we now have a system for classifying what we produce—discharges. And it is imperative as we seek to increase inpatient volume that we understand the impact on our departments. Integrating casemix analysis into our budgeting will allow us to do this."

Ms. Howard obtained her MBA from Boston University's Health

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What's happening

Reception honors Dr. Culver

MGH employees are invited to a reception honoring Dr. Perry J. Culver for h[illegible]many years of dedicated service as Medical Director of the Staff Clinic. The reception will be held Friday, July 8, from 3:00 p.m. - 5:00 p.m. in the Walcott room.

Bike lot has new locking system

A new locking system has been installed in the ACC Bicycle area. Employees interested in using the bicycle lot will be required to purchase their own lot key at the Fruit Street Garage Parking Office, Monday through Friday between 7:00 a.m. and 5:00 p.m. To obtain a key, employees will need an MGH Photo identification badge, and a $2.00 nonrefundable key deposit.

The Security Department recommends that users of the bicycle area continue to:

1. Acquire and use an effective bicycle lock. The "Kryptonite" style is recommended.
2. Be aware of your fellow employees' property. If you observe suspicious behavior, call Security at ext. 2121.
3. Do not share your bicycle key with others.

Call Catherine Cook, Director of Parking & Commuter Services, at ext. 2390 with questions or concerns.

Construction on professional office building begins

Construction will soon begin on the new Professional Office Building at the Cambridge Street entry. Some trees will have to be removed for the excavation.

Career Development Opportunity

The Department of Training and Development in association with Fisher Junior College will offer a three-credit course in basic medical terminology. Fisher Junior College has provided a grant to cover the tuition costs of employees who meet certain financial requirements.

The eight-week course will be held Tuesday and Thursday from 5:00 p.m. - 7:30 p.m. beginning on July 26. For more information contact Joe Salvucci in the Department of Training and Development at ext. 2230.

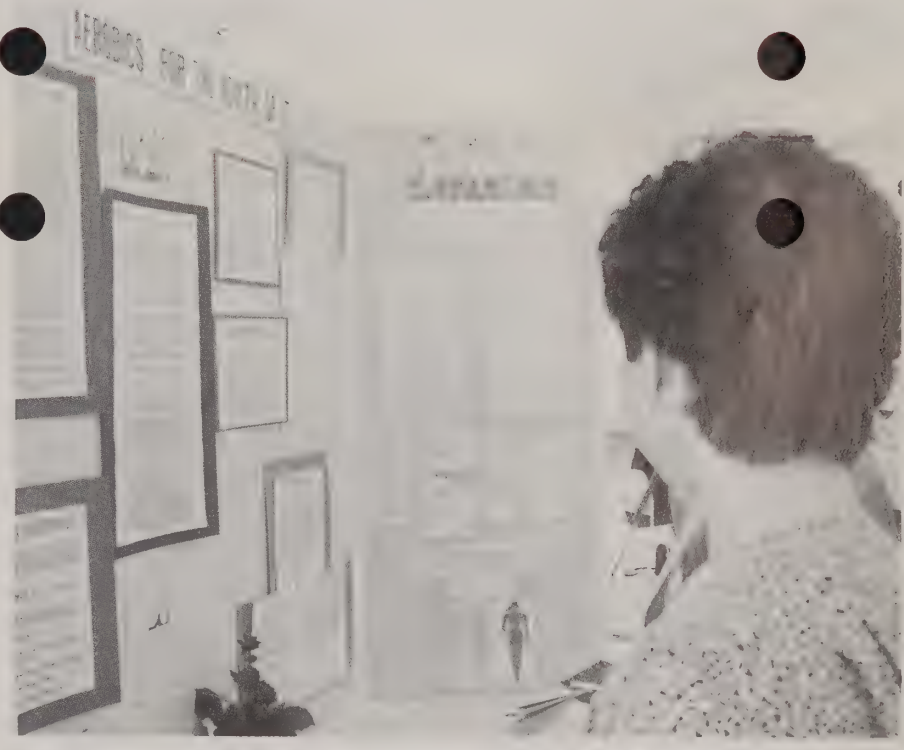
Employee discount at the MEEI Optical Shop

The Optical Shop at the Massachusetts Eye and Ear Infirmary is now offering MGH employees a $15.00 discount off the price of a complete pair of eyeglasses.

Employees must present their MGH identification badge to qualify for the discount.

The Optical Shop offers an expanded selection of fashion frames, sunglasses, and sport glasses, and many prescriptions can be filled in one hour. The Optical Shop is located on the first floor of the MEEI building. Hours are Monday through Friday from 9:00 a.m. - 5:15 p.m. This discount cannot be combined with other discounts. Call Mr. Roger Proulx at ext. 3183 for details.

Women's health day



Many found useful information about a variety of health topics at the booths set up on the Bulfinch terrace for Women's Health Day.

Fiscal Affairs

from page 3

Care Management Program and came to the MGH in 1982 as a Financial Analyst.

Umbro takes over as Controller

Mr. Joseph F. Umbro has been promoted from Assistant Controller to Controller as a result of Edward Medeiros' resignation to accept the position of Vice President of Finance at Albany Medical Center in Albany, N.Y.

Mr. Umbro is a Certified Public Accountant and his responsibilities will encompass provision of all general accounting systems and services, payroll services, and accounts payable operations.
Mr. Umbro describes his job as that of "communicating the status of the financial operations of the hospital to the people who are responsible for making decisions about those operations."

Mr. Umbro is a graduate of Boston University's School of Management. His experience includes six years with two large international public accounting firms in Boston and eight years at the MGH.

Patient billing consolidated

Inpatient and outpatient billing has been consolidated under the direction of Steven E. Landay, the new Associate Director of Patient Accounts. Mr. Landay came to the MGH in March of 1987 as the Director of Inpatient Accounts. He has been in the health care field for 14 years and received his Bachelor of Science Degree from Bentley College.

Mr. Landay will work under Mr. John Mahoney, Associate Director of Fiscal Affairs in charge of patient billing and receivables management. "For many years there have been separate inpatient and outpatient departments. One of my goals is to work with Steve to bring those departments together and make them more efficient," said Mr. Mahoney.

Mr. Donald E. Heffernan will assume the title of Assistant Director of Patient Accounts. Mr. Heffernan began his career with the hospital in 1962 as a Revenue Control Clerk. He is a graduate of Franklin Technical Institute and attended both Bunker Hill Community College and Bentley College of Accounting. According to Mr. Crater, Mr. Heffernan's new role will include oversight of the critical areas of revenue control and cash posting for the combined inpatient and outpatient billing operations.

As the hospital continues to expand within the context of a constantly changing health care environment, the MGH's fiscal operations become more complex. "When I came to the MGH in 1979," says Mr. Crater, "it was a single corporation. Now we are seven corporations, and the complexity of dealing in a multi-corporate environment and in an increasingly competitive arena requires changes in how we operate."

The changes in the MGH Department of Fiscal Affairs are part of an effort to address some of this complexity, help the hospital remain financially viable, and simplify processes for patients and hospital staff.

Media mania took over during a news conference held in the Phillips House last month upon Kitty Dukakis' discharge from the MGH. This photo shows only part of the crowd of photographers and reporters that attended the news conference that night. Photo by Myron Daniels.

Fox Hill

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an exercise program.

Amenities

Fox Hill Village will also offer other amenities and services. These will include: transportation to the local community, maintenance, and entertainment. In addition, the community will be equipped with a health spa, a library, a woodworking shop, banking facilities, a post office, along with many other services, which will make Fox Hill a small town unto itself.

Costs

The units at Fox Hill vary in price depending upon the size and type of unit. However, the fact that Fox Hill is a cooperative provides unique financial advantages to its residents. Instead of leasing units, like many other retirement care communities across the nation, Fox Hill allows its residents to purchase a share in the corporation which owns the community.

Therefore, residents maintain many of the benefits of home ownership, including associated tax advantages and potential appreciation in the value of their apartments. "There is no reason people have to change their lifestyle or give up the benefits of home ownership because they are getting older. Fox Hill Village allows its residents to continue to own equity in real estate," says Mr. Cucchiara.

Mary E. Lahey, Administrative Representative for Ambulatory Phlebotomy, presents Helen Lickorai with a framed photo of the Bulfinch building while John Nagle looks on.

Retirements

Congratulations to the following employees who have recently retired.

April 1988
Josephine Breda, Operating Rooms, 24 years

Nancy McEntee, Pathology Lab, 24 years

James Dowson, Dietetics, 23 years

May 1988
Ethel Taylor, Nursing, 27 years

Christie Christo, Environmental Services, 23 years

Helen Hazelton, Chelsea Health Center, 14 years

Harvey Lander, Neurology Lab, 14 years

June 1988
Helen Lickorai, Ambulatory Phlebotomy, 36 years

Theresa Benkis, Dietetics, 24 years

Florence Carr, Dietetics, 21 years

Regina Alexander, Social Service, 18 years

Josephine DePaolis, Cardiac Bio Research, 18 years

Ernestina Sambula, Environmental Services, 18 years

Alfred Kennedy, Radiation Medicine, 12 years

Lynn Miller, Social Service, 11 years

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Doris G. Schreckengaust, *Copy Editor*

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MGH specialist advocates steps to reduce risks of blood transfusions

Speaking before the Presidential Commission on the Human Immunodeficiency Virus (HIV) Epidemic, in Indianapolis in May, Dr. Charles E. Huggins, Director of the MGH Blood Transfusion Service, recommended a three-point program to make the country's blood supply even safer. The report, which was compiled by the Commission, was presented to President Reagan last month.

Dr. Huggins said the risk of contracting Human Immunodeficiency Virus (the virus which causes AIDS), hepatitis, and other infections is relativevly slight. Many patients, however, still fear blood transfusions, and the MGH has responded, by seeking safe, yet cost effective, alternatives.

"The blood supply is probably safer now than at any time in recent years, so we are talking about extremely small numbers of people who contract the HIV virus through transfusions," said Dr.

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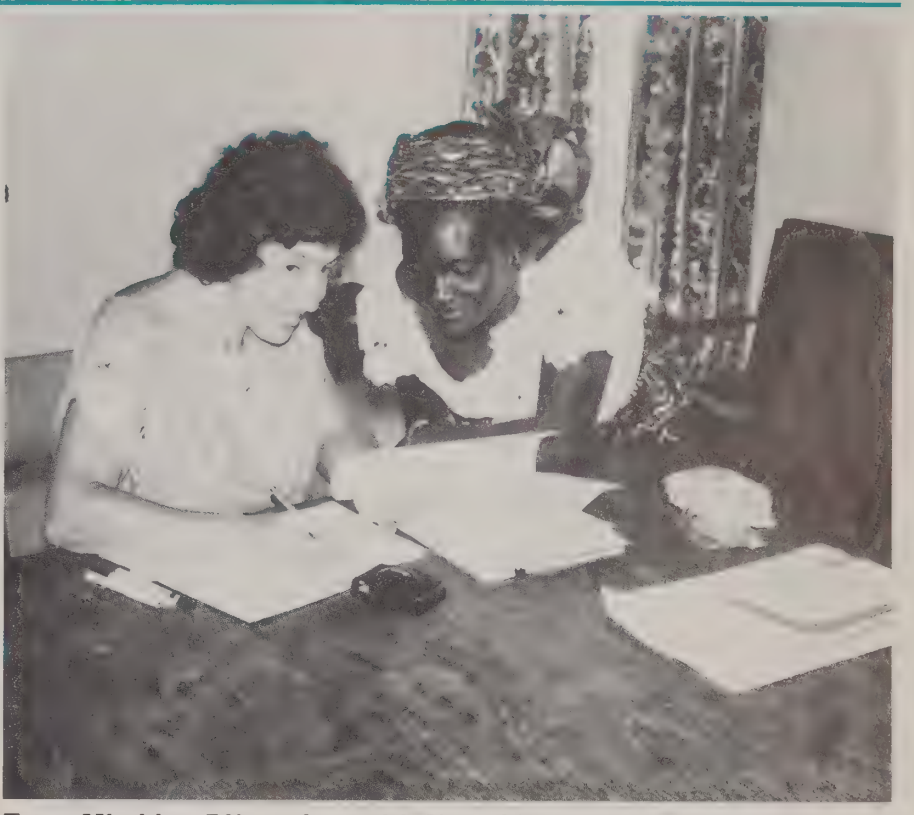

Terry Mirabito, RN confers with Naomi Palm, head of a family planning clinic in Bauchi State. "The best part was learning about people's values and what their visions were," comments Ms. Mirabito, on her experience in international nursing.

Sally Millar, Director of Nursing Information Systems, headed the team of MGH nurses who helped test a new nursing-care methodology.

MGH nurses test nationwide patient care assessment system

Members of the MGH Nursing staff, under the direction of Ms. Yvonne Munn, Associate General Director, and Director of the Department of Nursing, recently completed the evaluation and testing of a new methodology for evaluating the quality of patient care provided by the nursing staff.

The methodology, developed by Medicus Systems Corporation in Evanston, Illinois, is the basis for the company's new automated quality management information system.

While more than 100 Medicus client hospitals actually provided written evaluations of the proposed system, 25 hospitals, including the Massachusetts General Hospital, participated in field testing of the new methodology.

"We monitor nursing care on all of the units, inpatient, and operating rooms, the emergency department, and recovery rooms, over a three-month period, twice per year," says Sally Millar, Director of Nursing Information Systems. The field test for the new patient care quality assurance system began in November 1986 and was

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MGH nurse practices skills around the globe

"I knew that one day I would go to another country, learn about another culture and share my nursing knowledge with other people," remembered Terry Mirabito, RN.

It all began for Ms. Mirabito in the summer of 1979. "I set sail with a friend of mine, in a 103-foot schooner, from Long Wharf in Boston to the Caribbean," she says. "It took 17 days to do the crossing, and when we got there, I said, 'This is where I want to be.'"

Four months later Terry Mirabi-

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Ralph Bouvier of Environmental Services prepares to negotiate some tough turns in the tow motor. Mr. Bouvier can be found in the Phillips House, Baker, and Gray building basements keeping a watchful eye out for MGHers who don't respond to the honk of his horn.

Transfusions

from page 1

Huggins. "Still, a patient's chance of contracting fatal posttransfusion hepatitis or HIV infection is much greater than a person's chance of winning the Massachusetts State Lottery's "Megabucks" drawing with a one-dollar ticket."

To reduce the risk even further, Dr. Huggins recommended:

1. Strategies to avoid blood transfusion altogether, including both reduced use of bank blood and increased use of the patient's own blood.

2. Expanded research in blood substitutes. He cited a solution that has recently been approved for investigational use in humans.

3. Expanded research to stimulate the production of blood cells to reduce the need for blood transfusions.

Screening procedures initiated in 1985 when the HIV test became available have greatly reduced, but not totally eliminated, the possibility of transmission. There remains a six-week to six-month "window" after infection but before the antibody test becomes positive. Blood service organizations cite the risk of HIV transmission at 1 in 500,000 units of transfused blood; the recent Masters and Johnson study, which was highly criticized as unscientific, gave the figure at 1 in 5,000 units. Dr Huggins places the risk in the 1 in 50,000 to 150,000 range.

Dr. Huggins cited the MGH experience with alternative measures as proof that hospitals can greatly reduce their reliance on blood transfusion services.

Each year during the 1970s and early 1980s, use of transfused blood steadily increased at the MGH, peaking at 32,819 in 1982. Coinciding with the growing fear of AIDS was the passage of Chapter 372, the Massachusetts hospital cost containment law which resulted in cost saving measures being implemented throughout the hospital, including the blood bank.

"All of our efforts to reduce use are, of course, predicated on the

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Margarita Battle opens with welcoming remarks at a luncheon to honor 150 employees and volunteers who act as interpreters.

Luncheon honors interpreters

The annual luncheon for interpreters, held last month, recognized both volunteers and bilingual employees for their service.

Fifty-two volunteers and 98 MGH employees make up the corps of interpreters who respond, sometimes at a moment's notice, to act as verbal liaisons for health professionals and patients. In addition to providing oral interpretation, volunteer interpreters also translate written documents and provide information for patients and their families.

For instance, in collaboration with the Department of Dietetics, interpreters have developed food lists, in a variety of languages to accompany the menus, that soon will be available to make meal selection easier for non-English-speaking patients.

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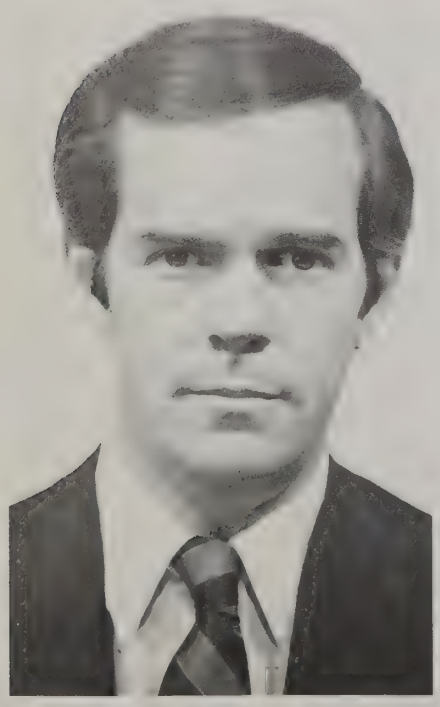
In General

Dr. James W. May, Jr., Chief of Plastic and Reconstructive Surgery and Hand Surgery Service, Department of General Surgery, at the MGH participated in the first bilateral U.S./Soviet symposium on plastic and reconstructive microsurgery held in Leningrad and Moscow last month. The purpose of the symposium, which took place during the Moscow summit meeting between President Reagan and Soviet leader, Mikhail Gorbachev, was to foster an ongoing exchange between scientists and medical professionals in the two countries, concerned with reconstructive microsurgery. The symposium was cosponsored by the USSR's Academy of Medical Sciences and Sharpoint, a worldwide microsurgery products manufacturer.

"The recent progress the American medical community has made in plastic and reconstructive surgery has been of worldwide importance," stated Dr. May. "It is our duty as physicians to share this knowledge with our Soviet colleagues and to listen and learn about the advances they are making as well."

Dr. May is a Director of the American Board of Plastic Surgery and a member of the International Society of Reconstructive Microsurgeons and the American Society of Reconstructive Microsurgery.

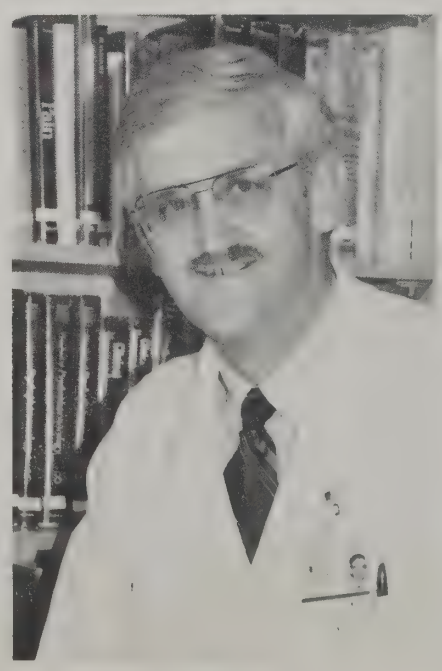


Dr. James W. May, Jr.

Mr. Robert F. Seger, RRA, will head the new Department of Coding and DRG Analysis. This department will work closely with the departments of Medical Records, Utilization Management, and Quality Assurance to process medical information as it relates to DRGs and case mix, and coordinate our relationships with external review agencies.

Mr. Seger has served as DRG Coordinator at St. Elizabeth's Hospital and is a lecturer at Northeastern University in the Health Record Administration program. The new Department of Coding and DRG Analysis will be situated in the Clinics Basement within the Utilization Management/Quality Assurance office suite, ext. 3665.

Dr. Joseph B. Martin, Chief of the Neurology Service at the MGH and Julieanne Dorn Professor of Neurology at Harvard Medical School, has been elected to the Institute of Medicine. New physician members are elected for major contributions to health and medicine. Members make a commitment to devote a significant amount of volunteer time to research on health policy issues. Dr. Martin has also been nominated President-Elect of the American Neurological Association.



Dr. Joseph B. Martin

Collaborative Rounds

To enhance collaboration between the medical staff and nursing, Dr. Henry Mankin, Chief of Orthopaedics at the MGH, has instituted "collaborative rounds." This creative idea has resulted in monthly meetings that involve discussion and sharing of pertinent information primarily between orthopaedic nursing and the orthopaedic surgical staff. However, multi-disciplinary staff are encouraged to attend.

The topics for discussion are selected by nursing. The primary nurse and the appropriate orthopaedic physician present the case. This approach enables the medical staff to be sensitized to the nurses' concerns and challenges. And nurses gain a better understanding of physicians' patient care issues.

Collaborative rounds are held on White 5 in the Smith-Peterson Library. Past topics have included "The Patient with Chondrosarcoma," "Body Image of a Disturbance Associated with a Hemipelvectomy," and "ACL Repairs," pain management, impaired mobility, and urinary retention.

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Photos processed by MGH Photo Lab

Transfusions

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requirement that no patient suffers from our withholding blood from our blood bank," said Dr. Huggins. He stated that the effect was helpful rather than harmful. With the beginnings of the reduction program in 1982 and its expansion over the next serveral years, transfused blood use at the MGH was reduced by nearly 25 percent during the years of 1982 to 1987.

The MGH program consists of two parts:

- wherever possible avoiding the need for blood transfusions entirely
- using the patient's own blood

To completely avoid the need of transfusions, the hospital initiated a stringent review of blood usage and a tightening of the guidelines regarding when to transfuse. Other measures, such as a signed consent statement before transfusion and modified surgical techniques, have lessened the need for blood. Each surgical patient who will likely need a blood transfusion is required to sign an informed consent statement.

"This procedure has been helpful in giving patients the opportunity to discuss their fear of HIV infection and possible alternatives to conventional transfusion," said Dr. Huggins, an MGH surgeon who is also an Associate Professor of Surgery at Harvard Medical School.

Due to modified surgical techniques, the need for blood has diminished for some procedures. For example, 20 years ago transfusion of 17 or 18 units of blood for open heart surgery was standard practice. Today with the use of improved cardiac bypass machines, and postoperative blood salvage, more than half of MGH cardiac surgical patients receive no transfused blood.

The second part of the program, using the patient's own blood, is a steadily growing practice, used relatively little after the MGH pioneered it in the 1960s.

Autologous blood donation allows the patient anticipating the need for blood during upcoming elective surgery to donate his or her own blood over a period of several weeks prior to surgery.

"Although we have provided this service for many years at the MGH," said Dr. Huggins, "we have seen a tremendous increase in the program since 1985, which we feel is directly related to publicity about the HIV virus in the blood supply." In 1987 at the MGH, nearly 10 percent of blood was self-donated by patients in advance

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Interpreters

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Interpreters respond to many calls each year. Just last year MGH interpreters responded to 2,100 requests for their services. Employees who act as interpreters volunteer their time with the approval of their supervisors and the support of their departments.

The following letter, translated by Margarita Battle, Coordinator of Interpreter Services, best highlights the importance of volunteer interpreters:

Dear Dr. Buchanan:

I am writing you as a patient from a foreign country to express to you my most heartfelt gratitude for the high standard of professional care that I received while at MGH in June 1988.

Fortunately, both the diagnosis and the treatment have been highly successful, producing for me a very dramatic recovery which can be seen every day both physically and psychologically. I am personally convinced that the reason for this has been not only the effectiveness of the medication but also the warm and human treatment that I have received from all levels of your hospital staff.

Above all, I would like to make it known to you the very effective work of your interpreters and volunteers who continually visited me, helping me to surmount the terrible barrier of silence that weighs on one who doesn't speak or understand English or your culture.

What has been important and significant for me is that beyond simply translating from one language to another, they had a deep understanding of my personal trauma. They did not limit themselves to translating but instead raised my spirits and my entire psychological outlook...For me, their support and understanding have meant the difference between being a patient without hope and one who is positive and enthusiastic about living.

Therefore, I feel a need to express my eternal gratitude to your hospital staff and in particular to the following people: Dr. Richard Gold; Dr. Gonzalez; nurses, Doreen Strilkauskas and Theseate Phillips; interpreter, Margarita C. Battle, and all of the volunteers.

Sincerely yours,

Oswaldo Cao
Buenos Aires

MGH Employees Graduate!

After a year of hard and diligent work, a group of MGH employees have received their Adult Diplomas from the Christopher Columbus High School in Boston. The MGH graduates include:

Irene Carini, Credit and Collection
Timothy Davis, Central Supply
Ruth Hobbs, Clinical Administration
Marion Pearce, Revenue Control
Lillie Tabb, Clinical Administration

The graduation ceremony was held at Harvard University's Graduate School of Education. Among the select group of speakers were MGH's Ruth Hobbs, and Ron Allen, of WCVB, Channel 5, who was the keynote speaker.

The Adult Diploma Program, offered through the Training and Development Department, is a program designed for MGH employees who wish to earn a standard high school diploma. The program is specifically designed for the working adult, and credit is given for both classroom work and life experiences. The program is free to full-time MGH employees. For more information call Training and Development at ext. 2230.

Following are excerpts from Ms. Hobbs speech:

"My experience in the Adult Diploma Program has been one of the most challenging experiences of my life....It took a lot of patience from my family. There were times when there were uncooked meals or leftovers, but through it all, there were few complaints. And I say thank you. You supported me, and you encouraged me through it all.

Ruth Hobbs challenges her classmates, "After graduation, what next?"

Lillie Tabb isn't stopping with the high school diploma program. She plans to attend Roxbury Community College in the fall.

Sharing skills

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to, Director of Ambulatory Nursing at the MGH, was teaching nurse practitioners in St. Vincent, as part of a World Health Organization project. Here Ms. Mirabito helped establish the first family nurse practitioner program in the Eastern Caribbean.

The bug had caught, and Terry Mirabito would continue to use her nursing skill around the globe—most recently to evaluate a family planning project in Ghana.

The project was sponsored by the U.S. Agency for International Development (USAID) and managed by the Ministry of Health in Ghana. Ms. Mirabito was a member of a four-person team, there to evaluate the project, instituted in Ghana three years earlier.

"The government in Ghana had begun to recognize that the rapid rate of population growth was stripping resources and preventing economic and social growth in their country," says Ms. Mirabito. "So they began to encourage the use of family planning to space children."

The purpose of the project was to train nurse midwives to deliver family planning services, to provide contraceptive supplies to pharmacies and government clinics, and to educate the community about family planning and child spacing.

Education about child spacing was an integral part of the program. "It used to be that there was natural spacing due to traditional cultures and norms," comments Ms. Mirabito. "Women in Ghana once would return home to their mothers for about two years after giving birth. But now they

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Checkup at Chelsea

Flora Luis, a medical assistant at the Chelsea Health Center checks the blood pressure of Blanca Gonzalez.

Transfusions

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of their elective surgery.

Intraoperative blood salvage, a method of retrieving blood lost during surgery, is being used in a few large institutions across the U.S., including the MGH. In surgical procedures that normally require large amounts of blood, such as aortic aneurysms, and hip surgery, the patient's blood can be collected from the operative site, filtered, washed, and returned to the circulation. The procedure is cost effective when three or more units of blood are salvaged.

The MGH currently performs 20 to 25 intraoperative autotransfusions each month, and the number is growing.

Dr. Huggins applauded the Americn Red Cross Blood Services/Northeast Region for providing a large volume, rapid intraoperative salvage machine for elective surgery to many hospitals in Eastern Massachusetts and Southern New Hampshire.

Dr. Huggins also mentioned the MGH technique used during orthopedic surgery in which one or two units of blood are drawn from patients, followed by saline infusion to dilute the blood. The two units of their own blood are returned after the operation.

He encouraged all hospitals to employ whatever strategies they can to safely reduce the number of blood transfusions to their patients.

"Every one of these strategies is intended to avoid transfusing someone else's blood to a patient," he said. "None of these strategies is better than any other, nor do any mutually exclude any others. We are reducing sharply the use of transfused blood, and that obviously improves safety for our patients."

Nurses

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completed in the Spring of 1987. The MGH started using the new tool in January 1988.

The resulting system provides a validated methodology that includes standardized indicators for 14 clinical areas and encompasses data on access to nursing care, nursing process, and patient perception of nursing care. For instance, the methodology measures if the physical needs of patients are being met. This addresses issues such as safety and the prevention of the spread of infection.

Additionally, the tool measures interpersonal interaction by assessing the patient orientation process, for example, and the recognition of patient rights. "We have to have a systematic process, per JCAHO (The Joint Commission for Accreditation of Healthcare Organizations) standards, for monitoring and evaluating the quality of patient care provided by the nursing staff," remarks Ms. Millar.

A team of MGH nurses examined over 450 questions that comprise the methodology, wrote new questions and "tested questions based on their content, structure, and applicability," says Ms. Millar. The team, under Ms. Millar's direction, consisted of Catherine Tronni, Nursing Information Systems Project Assistant, Patti Rager, Director of Patient Care Services, and Clinical Nurse Specialists, Joanne Baggerly, Mary Lussier-Cushing, and Mimi O'Donnell. Twenty-five nurses act as quality monitors on the units.

"Over 250 hospitals in the country will be using this system," remarks Ms. Millar. "We can compare data between units and examine the quality of patient care throughout the institution. As well, we can compare our data to that of institutions across the country."

This tool is only one method the Department of Nursing uses to evaluate the quality of nursing care. The Department of Nursing Quality Assurance program also uses other measures of quality, such as review of incident reports, and focused studies which examine care issues specific to different patient populations.

Sharing skills

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are staying with their husbands and often having children within a year of each other."

The problems of closely spaced births are manifold, from malnutrition to low-birth-weight babies. For instance, as Ms. Mirabito points out, when a second child is born within a year of the first, the mother will often stop breastfeeding the first child. "But the lack of sufficient and appropriate weaning foods prevents the firstborn child from getting enough protein and calories, and so that child very often will become malnourished," says Ms. Miraabito.

As well, since African women do strenous manual labor, from carrying water for miles to chopping wood, they often don't get enough calories to sustain frequent pregnancies. The result is low-birth-weight in infants. Children who are born at weights lower than the norm are more susceptible to illness and have difficulty developing as they should.

To address these problems, USAID sought to train health-care personnel in Ghana to provide family-planning services and education. Ms. Mirabito's team helped determine the training needs of health-care workers, implemented the training program, and monitored and evaluated the program.

Working closely with nurse midwives and other health providers in Ghana, the team focused, too, on transferring their skills and expertise to the Ghanian people with the hope that they would continue the project.

"I feel a real commitment to share my nursing experience with people in developing countries," says Ms. Mirabito. "My first desire was in pediatrics, but I realized that if I were going to influence the lives of children, I would have to start with family planning. The lack of child spacing was what was really causing morbidity and mortality among children."

Ms. Mirabito was chosen for the project in Ghana because of her previous experience in international nursing. For the past two years she has worked with the Program for International Training and Health (INTRAH), an organization based at the University of North Carolina at Chapel Hill, to develop training programs with the Ministries of Health in English-speaking African countries. The goal of the training programs was to teach nurse midwives and physicians to train others to provide quality family planning services.

What's happening

Health education and wellness

The Employee Health Service is offering several health and wellness programs for MGH employees. They include:

CPR—

Basic Life Support classes (BLS C) for physicians, nurses, and first responders will be offered on the first Tuesday of every month from 5:00 p.m. - 9:30 p.m., August 2, September 6, October 4, November 1, and December 6. Only one session is required.

Basic Life Support classes for bystanders (BLS B) will be held on the first two Wednesdays of each month, 5:30 p.m. - 8:30 p.m., September 7 & 14, October 5 & 12, November 2 & 9, and December 7 & 14. Both sesions are required.

Basic Life Support (BLS B), recertification classes, for those who hold current B level certification, are scheduled for August 3, September 13, October 11, November 8, December 13, from 5:30 p.m. - 9:30 p.m.

Stress & Energy—

This three-part program looks at what stress is, how to deal with it, and how to use relaxation techniques. Sessions meet on August 4, 11, & 18, 12:30 p.m. - 1:30 p.m. Preregistration is required.

Research Study Needs Volunteers

The Endocrine Unit needs healthy male or female volunteers to study a cholesterol lowering medication and diet. Individuals, between the ages of 40 and 65, who have cholesterol levels between 220 and 280 mg/dl can participate. Participants cannot have diabetes, a prior heart attack, or angina. Compensation up to $500 is available. Call Brigid Pach at ext. 3966 for details.

MGH HOTLINE

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of Massachusetts General Hospital
Bartlett 9, Extension 2206

The MGH Wants You!

Barbara Lopes, Personnel Records Supervisor, helps her roommate Kathy Lee Bishop, a physical therapist, find employment opportunities at the MGH.

Explorers explore health careers

In an effort to introduce young people to health care careers, Human Resources has hosted a group of high school students who are members of Explorers, an organization sponsored by the New England Regional Council of the Boy Scouts.

The students, who were identified because of their interest in health care, attended weekly informational and hands-on educational meetings in MGH departments. MGH professionals in Radiology, Respiratory Therapy, Pharmacy, Physical and Occupational Therapy, the clinical labs, Dietetics, and Human Resources explained their work, how their disciplines are important to patient care, and how to prepare for a health career.

Siria Vazquez, of Boston Technical High School, said of the MGHers who hosted the group during the six-week program, "They were very special. They explained things so well."

The students, who were interested in a variety of health care professions, wanted to get an inside look at what goes on in a hospital. Says Sandra Vilbrun, of West Roxbury High School, "I am interested in the medical field, and I wanted to find out more about it, and get first-hand skills." The program was coordinated and managed by Assistant Directors of Human Resources, Richard Montgomery and Kathy Rice.

MGH patient Jonathan Leavitt explains the importance of a hand splint in treating traumatic hand injury to a group of high school students as part of a presentation by the Physical Therapy Department. To the left of Mr. Leavitt is Ann Jampel, Education Coordinator for the Physical Therapy Department, and Sharon Sweeney, OTR/L, Staff Occupational Therapist.

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Facing the labor shortage

That part of the "Massachusetts Miracle" that has created an unusually low unemployment rate in the region is also contributing to labor shortages in some areas of the health care industry. For a variety of reasons fewer young people are deciding to pursue health care professions, and many veterans in hospitals around the country are leaving.

The Need

According to the Boston Redevelopment Authority, Boston hospitals will need at least 4,000 more workers within the next four years, and most of the demand is not due to expansion but to currently existing positions.

"The reason for the 4,000 employees needed by Boston hospitals," says Thomas Rothwell, Vice President of Human Resources, "is not because of an expansion of services, but because more and more people who work in health care are now looking at options outside of health care."

The MGH currently employs approximately 10,000 people and has an exceedingly low vacancy rate of about 3.5%. Labor shortages among nonphysician personnel at the MGH exist in the ranks of secretaries, nurses, radiology technicians, pharmacists, medical technologists, and service employees such as dietary workers, and environmental service workers.

What makes a shortage?

The reasons for the labor shortage are many. The growth of industry in the area is just one. "We have so much industry here, and there aren't enough people to handle all of the growth," comments Kathy Rice, Assistant Director of Human Resources.

And competition between businesses is at an all-time high. Ms. Rice points out that not only do we compete with other hospitals and health care institutions for workers but also with hotels and restaurants for service employees, for instance.

As well, quality of life issues impact the labor supply. Ms. Rice, points out, "We are in the top five cities for the cost of housing, and housing is simply in short supply. We have the highest car theft rate in the country, and the racial relations in the city while improved, are still a factor."

In addition, the stress involved in working in the health care field, and the sometimes extensive education required are factors impacting the labor shortage.

For instance, there is a shortage of pharmacists and pharmacy technicians. Harold DeMonaco, Director of Pharmacy, says, "It's a rigorous five-year cur-

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Governor honors MGHer

Virginia Rice, former Chief Technologist of the Cardiac Catheterization Lab, has received a commendation from Governor Dukakis for her dedication and service in the field of health care. Ms. Rice, who has retired, worked at the MGH for 27 years and is a founding member and officer of the National Society for Cardiopulmonary Technology. The commendation reads, *"In your twenty-seven years, you have been deeply involved with the care of thousands of patients and the training of numbers of interventional cardiologists who now deliver quality healthcare throughout the Commonwealth and the world....You have been an active participant in the development of cardiopulmonary technology as a diagnostic discipline. We extend to you our thanks and best wishes in appreciation of your outstanding service to the community...."*

Ms. Rice is now living in Virginia.

Dr. Peter C. Block, Director of the Cardiac Catheterization Lab, presents Virginia Rice with a commendation from the Governor.

Labor

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riculum for a moderate life-style, and young people are going into fields that are somewhat more lucrative."

And the national nursing shortage has significantly impacted the hospital industry. In a female dominated profession, now for the first time, more women are entering medical schools than schools of nursing. Nursing advocates have focused their efforts on professionalizing nursing, improving working conditions, and examining the delivery system to try to determine how best to provide nursing care given the changing health care environment.

MGHers feel the stress

The pinch is being felt at the MGH. Gary Schweon, RN, MS, Director of Orthopaedic and Neuroscience Nursing Service says, "This service, like many in other hospitals, has had a number of beds closed because we have not been able to recruit all of the necessary personnel to maintain adequate levels of patient care were those beds to remain open." And as Mr. Schweon points out, "While the hospital is not happy with its decreased ability to fully meet its commitment as a major referral center, it has responded to its ultimate mission of providing quality care while supporting its most precious resource—its employees." However, due to recent nurse recruitment efforts instituted

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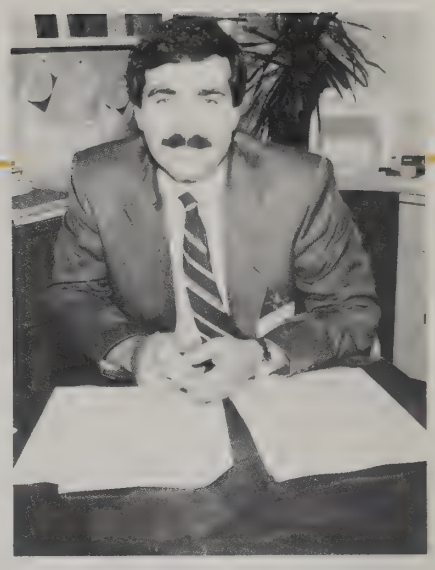
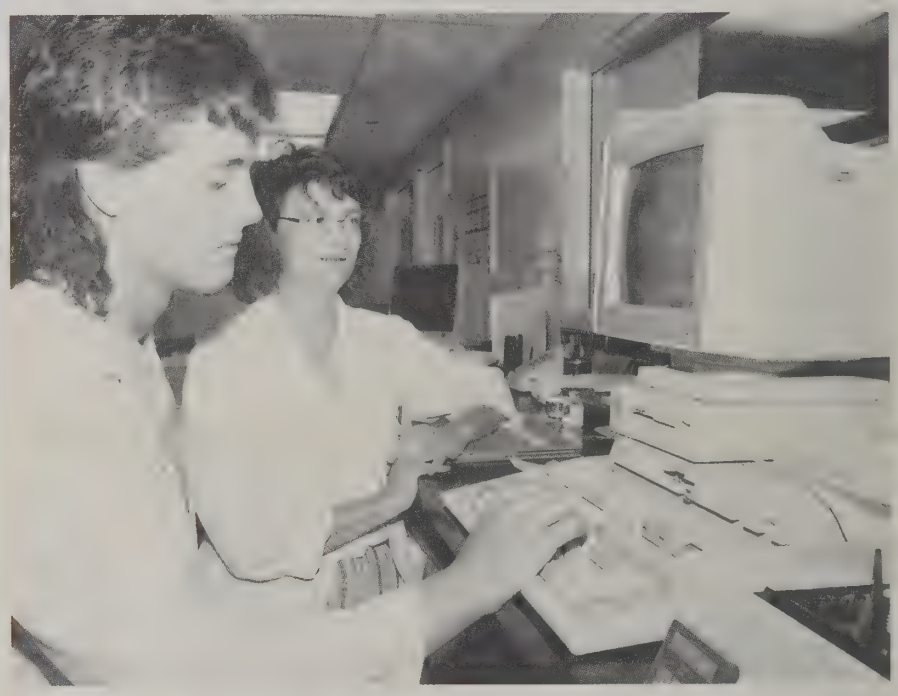


"I really do see this as a time for creativity and a time to respond to the challenges. And we are doing that," comments Gary Schweon, RN, MS, on the labor shortage.

Staffing Needs of Boston Hospitals

Occupation	Actual '86-'87 Employment	Employees Needed in '86-'87	Total Increase
Doctors	5,423	5,441	18
Nurses	9,868	10,847	979
Therapists	733	824	91
Research Scientists	990	1,059	69
Lab Technicians	1,496	1,597	101
Computer Technicians	224	237	13
Nurses' Aides	2,895	3,226	331
Administrators	791	818	27
Secretary/Clerical	6,979	7,489	510
Cleaning Staff	2,395	2,548	153
Food Services	1,837	1,910	73
Other	14,232	14,141	−91

The above chart represents unpublished data presented in the testimony to the Boston Employment Commission in June of John Avault, Deputy Director for Policy Development and Research, Boston Redevelopment Authority. The data reflects staffing needs as of 1987 of 31 Boston Hospitals. In the next four years Boston hositals will need an additional 2,360 employees totalling 4,634 employees needed by 1992.



Pharmacy has gone high tech. Here Pharmacist Robin Funderburk and Pharmacy Technician Olaf Zastrow prepare to put patient information into the terminal which controls the Baxter Auto-mix Compounder.

How to get the most out of aerobics-safely

Aerobic exercises, like jogging, high or low impact aerobic classes, or brisk walking for instance, promote cardiovascular fitness. However, to get the most out of a workout, with safety in mind, exercise must be brisk (raising the heart rate and increasing breathing), sustained (done at least 20-30 minutes without interruption), and regular (a minimum of three times per week).

To determine how hard to exercise, based on your age, you must first know your target pulse rate. The target pulse rate represents how fast the heart should beat during exercise to get a safe and effective workout.

How to determine your target pulse rate.

Step 1. 220 minus your age = maximum pulse rate (MPR)

Step 2. Multiply your maximum pulse rate (MPR) by .6 (60%) for the lower end of your target range, and by .75 (75%) for the upper end.

The American College of Sports Medicine recommends healthy participants exercise between 60-75% of their target range. You should never exercise at your maximum pulse rate.

Example: Beth is a 35-year-old woman.

Step 1. 220 - 35 = 185 (MPR)

Step 2. 185 (MPR) X .6 (60%) = 111

185 (MPR) X .75 (75%) = 139

To get a good aerobic workout, Beth must exercise for at least 20-30 minutes three to five times per week and keep her pulse rate between 111-139 beats per minute.

Now try it yourself.

Step 1. 220 - _____ (your age) = _____ Maximum pulse rate (MPR) (You should never exercise at your maximum pulse rate!)

Step 2. MPR X .6 (60% = _____ lower end of target range

MPR X .75 (75%) = _____ upper end of target range

How to take your pulse.

Press two fingers on the radial artery at the wrist, or your carotid artery, located at the neck just under the jaw. Take your pulse for 10 seconds and multiply by six.

Once you reach exertion, check your pulse rate, and adjust your intensity accordingly. It is unsafe to exercise at your maximum pulse rate and ineffective to exercise below 60% of your target range. If you are pregnant, have a chronic condition such as diabetes, or a history of heart disease, check with

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by the hospital, most units are expected to be well-staffed by September.

Mr. DeMonaco sees the effect of the shortage of pharmacists in much the same way. "We simply have to make do with fewer people, and staff are working harder than before."

And Mary Kennedy, RN, Head Nurse on Baker 6, says the labor shortage had impacted her ability to build a team on her unit and required an additional time commitment for training and orientation of temporary staff. She says, "We had been staffing a number of our vacancies with temporary people, and that was probably the most difficult part." However, due to salary adjustments for nurses, and the efforts of nurse recruiters, Ms. Kennedy notes that now, all of her positions are filled.

Nancy Petropoulos, R N and Robert Haillisey, R.P.T., Pharmacy Supervisor, confer over a patient's chart. Both nurses and pharmacists are prized people at the MGH.

Solving the Problem

The MGH is responding to the shortage in a variety of ways. "We are focusing our energies on developing better ways of retaining existing employees and doing a much better job of providing training opportunities for employees," says Mr. Rothwell.

For example, the hospital, in cooperation with community colleges in the area, will offer scholarships to employees who want to study to become radiology technicians. "We are trying to see if we can expand our own training programs to try to give people more skills to move into other jobs," says Ms. Rice.

In addition, the MGH is investing in programs designed to interest young people in the health professions, such as the Explorers program (see Explorers explore health careers), and a mentor program for high school students coordinated by the Volunteer Department. "I firmly believe our only salvation in health care is to go out and talk to the kids who are in the eighth and ninth grades and in high school about health care careers. We need to let those kids know that you can have good earning potential by working in a hospital, and there are good positions that do not require a four-year college degree," says Mr. Rothwell.

Additionally, Human Resources has stepped up recruitment efforts and is working with the Jewish Vocational Services, the Epilepsy Foundation, the Perkins School for the Blind, and other agencies to find ways to make jobs at the MGH accessible to the handicapped.

"Despite all of the problems," Ms. Rice comments, "hospitals are among the most exciting and rewarding places to work. Whether it's the nurse who sees the very sick get better, or the Environmental Services employee who helps by keeping patient areas free of infectious germs, you can make an

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What's happening

A towering update

Construction on the new inpatient tower is right on schedule. Structural steel has reached the eleventh floor, and workers have finished pouring concrete for the third floor. You can watch construction in progress on WMGH, Channel 28.

As well, workers will be unloading equipment from an unloading dock in front of the Warren Building and carrying materials through the lobby.

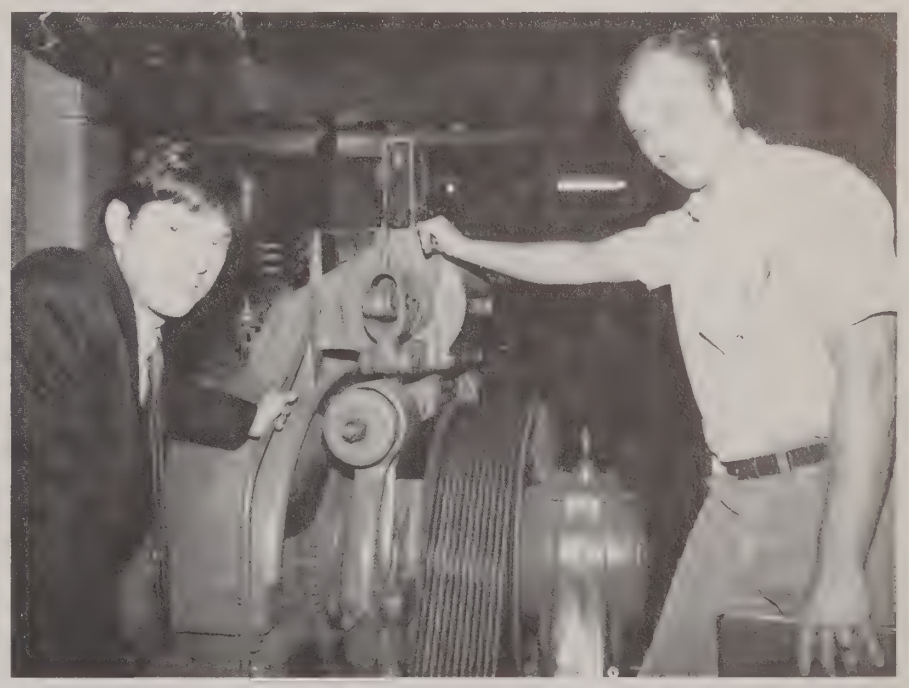
Tower watchers, don't watch the welding! You can view the construction of the new inpatient facility from windows overlooking the site; however, the bright flash from the electric welder can damage your eyes.

Video to help health care providers break barriers

Language represents only a part of the barrier between a health-care provider and patient. Appreciation of and sensitivity to cultural differences is also critical. Staff members who might use the interpreter service, and bilingual volunteers and employees are invited to view a new 40-minute video which demonstrates the role of the interpreter. Call Margarita Battle at ext. 6966 for details.

Renovating the MGH E1

Renovation has started on the White Building elevators under the direction of Facilities Engineering. The project will include complete modernization of the system including new cars, new associated equipment, and state-of-the-art microprocessor supervisory controls. The project will take about one year, and workers will renovate one car at a time to minimize inconvenience to the MGH community. Work has started on car #3 which will be out of service until its completion.



Joshua Winslow, Facilities Engineer, and Arthur T. Hogan, Construction Supervisor, are standing in front of the hoist motor for elevator #3, the first elevator up for renovation.

The Employee Health Service is offering health and wellness programs for MGH employees. They include:

Showtime at Noon—

Bring your lunch for a film series covering a variety of health topics. Coming up are "AIDS—Can I Get It?," August 16. "Alzheimer's Disease," September 20.

Fresh Start—

The American Cancer Society's smoking cessation program focuses on behavior modification, education, and relaxation exercises. Five one-hour sesions will be held August 16, 18, 23, & 30. Sessions will also be held on September 7, 14, 16, 21, & 28. Preregistration is required.

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important difference in a patient's life. This is the message we need to get out to young people who are considering health careers."

A long-term solution

Professionals seeking long-term solutions to the labor shortage are looking closely at the health care delivery system.

"I really do see this as a time for creativity and a time to respond to the challenges. And we are doing that," says Mr. Schweon. "We are looking at how we define nursing practice. We're looking at better utilization of some of the nonprofessional staff.

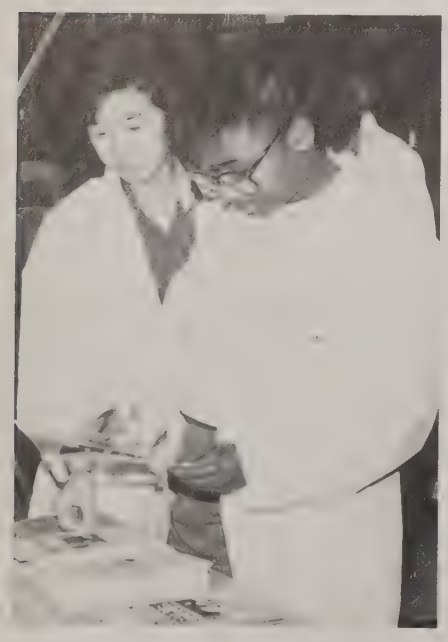
"One approach has been to define and improve upon the utilization of all types of care providers and to be more efficient in the way we do things. Another approach has been the steamlining of our support systems. And a major goal that is currently being developed is the implementation of computer systems to support direct patient care delivery. These are but a few of the many steps in process that will assist in maximizing nursing care delivery, with more limited personnel resources.

"All of us are looking at the labor shortage with concern," says Mr. Schweon. "But through teamwork and creativity, we are finding new directions."

A solution to the labor shortage won't come quickly. But despite difficult odds there are many positives. Says Ms. Kennedy, "It is an exciting time to be in health care. Everything is changing, and we have to meet the challenge."

Radiographer Jim Ravenscroft, R.T.R., takes a CT scan of a patient.

Pharmacy Technician Julia Tseng, and pharmacy student Don Montigny prepare intravenous solutions. Mr. Harold DeMonaco, Director of Pharmacy, says enrollment in Massachusetts colleges of pharmacy has greatly declined.



A group of high school students who are members of Explorers review literature on physical therapy.

Radiology technicians are in short supply. Here Ultrasonographer Joyce Mackinnon, R.T., demonstrates the ultrasound equipment on Linda Ames R.T.

Aerobics

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your physician before starting any exercise program.

Other exercise safety considerations include:

People who are older, have back or joint problems, or are overweight, might choose non-weight-bearing aerobic exercises. These non-impact exercises, like stationary bicycling or swimming, avoid putting undue stress on joints.

Don't overdo it.

Exercise within the recommended target range. It doesn't have to hurt to work! And use a five-minute warm-up before exercise, followed by a five-minute cool-down period after 20-30 minutes of aerobics at your target pulse rate.

Proper foot wear.

During aerobic exercise proper shoes should be worn, which will support the foot and ankle and absorb shock.

A resilient surface.

It is best to exercise on a surface that gives, like the special "score aerobic floor" used for aerobics classes at the MGH, which absorbs a portion of a person's body weight. Employee Health Services offers ongoing aerobics classes to MGH employees Call ext. 1625 for details.

In Memoriam

A memorial service will be held on August 19, 1988 at 2:30 p.m. in the MGH Chapel in memory of the anniversary of the death of our special friend **Rosa Herrington.** Ms. Herrington was a film librarian in the Radiology Department.

All those who wish to remember Ms. Herrington are invited to attend.

Making General Headlines

MGH professionals recently featured in the news media include:

Dr. Daniel Kopans of Radiology interviewed by **Channel 56** on the need for more American women to undergo mammography.

Dr. J. Dugan Mahoney of the Emergency Ward interviewed by **Channel 7** on health tips for the elderly during a heat wave.

Kathy Rice of Human Resources interviewed by **THE BOSTON BUSINESS JOURNAL** on the use of alien labor.

Harold J. Demonaco, Director of the Pharmacy, interviewed by **Channel 4** on the risks of using quaaludes for insomnia.

Mary Connaughton, RN, and **Karen Roy, RN,** appeared live on **Channel 7's, Talk of the Town,** in a feature about the nursing shortage.

Dr. Charles E. Huggins, Director of the Blood Transfusion Service, interviewed by **THE WALL STREET JOURNAL** on the use of autologous blood.

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Susan Resler, Clinical Dietitian, outlines innovative ways to address the nutrition needs of AIDS patients in an article in the Journal of the American Dietetic Association.

MGH dietitian points to nutrition as an important issue for AIDS patients

According to Susan S. Resler, M.S., R.D., a Clinical Dietitian at the MGH, malnutrition is a serious problem for AIDS patients. And aggressive nutrition therapy can help maintain strength, general functioning, and comfort and may even positively impact the patient's response to medication.

Ms. Resler summarized the knowledge she has gained from working with AIDS patients at the MGH for the last four years in an article in the July Journal of the American Dietetic Association. Says Ms. Resler, "Many patients with AIDS have serious nutritional problems, and there is a key role for dietitians in helping these patients feel stronger, maintain a positive body image, and perhaps improve their responses to treatment through good nutrition."

Ms. Resler says that nutrition plays an important role in maintaining the immune function in healthy individuals and may be

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Ask the Gypsies

Do you wonder what your next career step should be? Should you go to school? Would you like to improve your English, or learn to speak Spanish? Let the gypsies help you find the answers.

Training and Development gypsies will tell your fortune during the first annual Training Fair on Thursday, September 8, 10:00 am - 6:00 pm on the Bulfinch terrace. The fair will provide information on all programs and resources offered by MGH's Training and Development Department, the MGH Institute of Health Professions, and staff development departments.

Professionals from Pharmacy, Nursing, Medical Technology, Respiratory Care, and other health-care professions will be on hand to discuss career opportunities. Recruiters from local colleges will provide information and counseling about part-time training programs in allied health-care fields.

The fair will offer information on training opportunities in time management, effective writing, leadership development, and team building to name a few.

There also will be gypsies under the tent to encourage you to improve your physical fitness (try an aerobics class); gypsies to explain the tuition reimbursement policy; gypsies from the employment office to assist you in looking at current MGH job openings, and even a gypsy from Harvard University's Office for Parenting to help you find day care.

So take a look into the MGH crystal ball at the Training Fair on September 8, and find out what the gypsies have in store for you.

Mentors teach youth about health-care careers

In an effort to address a national shortage of hospital workers, the MGH has developed a mentor program to interest young people in the health-care professions. The seven-week program, coordinated by the Volunteer Department, matches high school students with MGH emloyees working in a variety of areas.

The students worked with their mentors this summer for twelve hours each week and attended weekly educational presentations on various aspects of health care. The presentations covered radiation medicine, information about AIDS, surgery, the use of lasers in medicine, health tips for teens, emergency medicine, and an introduction to the Med Flight system, the airborne trauma and transport system which employs helicopters and fixed wing aircraft to get patients quickly to the hospital.

Twenty-five students participated in the program and were matched with mentors in departments ranging from Biomedical Engineering, to Respiratory Care, to Nursing, Clinical Administration, and the Cytopathology Labs.

Paula Woo, a 17-year-old senior at Belmont High School, spent her mentorship working with Judy Lenz, RN, an operating room nurse. Ms. Lenz taught Ms. Woo to scrub, the process whereby operating room personnel get their hands surgically clean. And Ms. Woo was able to observe surgical procedures, ask questions, and interact with operating room staff. Says Judy Lenz, "I feel strongly that education is a responsibility for all of us here at the MGH. If we are going to interest young people in the health professions, we have to get them early. We have to show them how important health care is and what a difference you can make in people's lives."

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Participants in this summer's mentor program learned about microsurgery. Here students examine the fine points of Tim Jesser's hand with a surgical microscope.

Marion Hodges remembered

A trust fund has been established in remembrance of Marion Hodges, an employee affiliated with the hospital for 58 years. The purpose of the Marion Tufts Hodges Fund is to assist in training orthopedic surgeons in back surgery.

Ms. Hodges, 76, was the Coordinator of the Amputation Service and Back Clinic until her retirement in 1984. The trust fund was announced in concert with a memorial service held recently for Ms. Hodges who passed away suddenly in June.

Ms. Hodges began her association with the MGH as a volunteer in the 1930s. She left to serve with the American Red Cross during World War II but returned in 1954 at the request of Josephine Barber, then head of the Department of Social Service. "Ms. Barber wanted to revamp the Amputation Clinic and rounds. She had known Marion as a volunteer and referred her to me," said Ruth Farrissey, former Director of Ambulatory Care at the MGH. "I trained her as the Coordinator of Amputation Services."

Ms. Hodges became the liaison between the hospital and prosthetic vendors, attended physical and occupational therapy rounds, and helped the amputees with any services they required. As well, Ms. Hodges worked in the Admitting Office from the late 60s to the early 70s.

After retiring in 1984, Ms. Hodges continued to work two days per week in the Orthopaedic Ambulatory Unit in her former capacity.

A memorial service, held at the MGH chapel and led by the Rev. Dr. Phillip King, was well attended by family, friends, and colleagues. Speakers at the service were Ms. Farrissey, Dr. Joseph Barr, Chief of Amputation Services, the Rev. Dr. Yeo, Mrs. Hodges' nephew, and two grandnieces.

Dr. Barr said of Ms. Hodges, "She was an advocate for the patient. She worked with amputees to get their prescriptions approved by Medicaid, and she was very dedicated to her job."

For further information on the Marion Tufts Hodges Fund, contact Resources and Development at ext. 2200.

Shahani hosts annual meeting

Hundreds of physicians from across the country and the world gathered in Boston recently for the third meeting of the American Academy of Clinical Neurophysiology.

The Academy was founded two years ago by Dr. Bhagwan T. Shahani, Director of the Clinical Neurophysiology Unit, Department of Neurology at the MGH.

"The field of neurophysiology is so wide and covers so many aspects that I felt it would be good if all these groups of physicians could come together to hear about subjects of mutual interest," said Dr. Shahani, who explained that before now, a physician may have had to attend 10 different meetings in order to hear about all the subjects covered during this one annual conference.

Clinical neurophysiology can be applied to such areas as physical fitness and exercise, sports medicine, chronic pain syndrome (including low back pain), sleep disorders, muscular dystrophy, multiple sclerosis, Parkinson's disease, and the monitoring of brain-injured and spinal cord-injured patients.

We have a membership of nearly 1,000 so far, with many new doctors wanting to join us almost every week," said Dr. Shahani. "It includes orthopedic surgeons, cardiologists, neurologists, neurosurgeons, physiatrists (experts in rehabilitation medicine), anesthesiologists, and urologists. It's been very gratifying that so many people share our interest in the area of clinical neurophysiology. Our group provides an opportunity for all individuals interested in the field to join and to share their knowledge and expertise."

At the July meeting there were postgraduate courses, didactic teaching seminars, demonstrations, and workshops. Papers presented for the first time included such subjects as peripheral nerve and

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Dr. Shahani addresses medical professionals at the third meeting of the American Academy of Clinical Neurophysiology.

What's happening

Fair highlights job opportunities

It's a "fair" September at the MGH. In addition to the Training Fair to be held on September 8, the MGH will soon hold its Second Annual Career Fair. The fair, which will be conducted by the Human Resources Department, will be held on Thursday, September 15, from 10:00 am - 6:00 pm on the Bulfinch terrace. Employment opportunities at the MGH will be advertised, and applicants can be interviewed on the spot. As well, information about educational and career development opportunities will be available. The event is open to MGH employees and the public. Plan to stop by, and bring your friends.

A child care resource for parents

A child care information and referral service is available to MGH employees. The Harvard Medical Center Office for Parenting, directed by Dr. Maureen Sayers VanNeil, is an information resource for employees caring for children or an elderly relative. In cooperation with the MGH, other Harvard teaching hospitals, and Harvard's schools of medicine, dentistry, and public health, the Office for Parenting provides useful information on family life resources and services including:

• The Parenting Resource Handbook, a useful collection of resources for parents of children of all ages with a special chapter on

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Mentors

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Ms. Woo, who plans a career in medicine, says she entered the mentor program because, "It's a good way to try it out and see if I'm really comfortable with medicine." Ms. Woo is definitely comfortable and adept, and she notes that she learned much. "I never knew how an operating room was run before, how important it is that everyone work together," she says.

David Beech, C.T. (A.S.C.P.), a supervisor in the Cytopathology Labs, says "Cytotechnology, like other health-care professions, is undergoing a chronic employee shortage. I think it will help to get young people interested in health

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Judy Lenz, RN, explains how a defibrillator works to Paula Woo. Ms. Woo plans to attend medical school.

Amy Cleary, center, observes as mentor Chris Young, left, and X-ray Technician Joanne Runci explain how to take an X ray. Maryhelen Harty plays the willing patient.

Mentors

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care even before they enter college." Mr. Beech worked with Tim Jesser, a 16-year-old student at Reading Memorial High School. Mr. Jesser prepared specimens for microscopic examination by helping to stain and mount slides. Mr. Jesser also helped with filing slides. "I really enjoyed sharing the high-tech aspect of what I do with Tim," comments Mr. Beech. "I enjoyed teaching him some of the hands-on work, for instance examining specimens to help in diagnosing cancer."

The mentor program is unique in that it introduces young people to all aspects of hospital work, including the administrative component of patient care. For instance, 16-year-old Stephen Senna, a student at Belmont Hill High School, worked with Larry Young and Stan Dickie in Clinical Administration. "The program," says Mr. Young, "opens the student's eyes to all of the employment possibilities in health care. Administration is not what you usually think of when you think about a hospital, but administrative personnel are very important to patient care." Mr. Senna, who also works part time renovating houses, assisted Mr. Young in the intensive care units transporting patients and lab specimens and performing clerical duties.

Patricia Rowell, Director of the Volunteer Department at the MGH, says that the students were wonderful, and she especially lauds

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Larry Young, of Clinical Administration, works with 16-year-old Stephen Senna in the Volunteer Department's mentor program.

David Beech, Bench Supervisor in the Cytopathology Lab, uses a teaching microscope to show Tim Jesser how to identify cancer cells taken from a needle biopsy of the lung.

Nurse Sue MacDonald reviews the patient classification system with Kelly Noonan, a participant in the MGH's mentor program.

Meeting

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muscle disorders, physiological aspects of neurological intensive care, chronic pain syndromes, clinical neurophysiology of motor control, sensory testing, and studies of central motor conduction.

The president of the Boston-based Academy is Dr. Roger Q. Cracco of the Downstate Medical Center in Brooklyn, New York. Dr. Michael J. Aminoff of University of California, San Francisco, is the organization's treasurer, and Dr. Gastone G. Celesia of Chicago is the secretary.

"It's been a real challenge to organize such a group," remarked Dr. Shahani, who was elected president-elect at the last meeting of the Academy. "And although it's been a lot of hard work, it's also been very exciting to watch a dream such as this finally become a reality." As well, Dr. Shahani recently was the Diamond Jubilee Orator for the Seth G.S. Medical College & K.E.M. Hospital in Bombay.

Nutrition

from page 1

important in supporting remaining immune function in AIDS patients. Yet, the complications of AIDS, along with the problems of increased nutrition needs, decreased nutrient intake, and malabsorption, can have a negative impact on their nutritional status.

"There are primarily four ways in which AIDS impacts nutrition," says Ms. Resler. "The first is decreased appetite for a variety of reasons including reactions to medication, fever, and the emotional stress of AIDS. Second, AIDS patients often have problems chewing or swallowing their food because of infection or ulcers in the mouth or throat.

"Third," says Ms. Resler, "is mechanical difficulty with eating caused by neurological complications that impair motor function. For example, patients might have problems holding utensils or swallowing. And fourth, and one of the most difficult problems to deal with in terms of nutrition of AIDS patients, is that they often have gastrointestinal tract problems like diarrhea and malabsorption which cause weight loss." And AIDS patients need additional calories and nutrients to respond to fever and increased metabolic rate which accompanies infection.

Ms. Resler says she wrote the article to share with dietitians across the country the innovative methods used at the MGH to address the nutritional concerns of AIDS patients.

Her suggestions are as follows:

- Do a thorough nutritional assessment on the patient at admission. Since individuals respond to the AIDS virus in a variety of ways, their nutritional complications will be different.
- Offer small, frequent meals and snacks. Smaller meals may be better tolerated than larger meals by people who have poor appetite.
- Keep snacks by the bedside, and offer nutrient and calorie rich beverages to patients who need to increase their caloric intake but may have difficulty eating.
- Provide education on proper nutrition.
- Work with the medical staff and nursing to coordinate the patient's medications schedule.
- Combat diarrhea and malabsorption through: a thorough diagnostic workup to identify possible causes; use of antibiotics and antidiarrheal medications; dietary modifications, such as a low-lactose, low-fat, or low-fiber diet; increased consumption of fluids.
- Work closely with physicians, nurses, social workers, physical

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What's happening

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the care of elderly relatives.

- An information and referral service to help parents locate child care.
- Information on resources for the care of elderly relatives.
- A network of parents organized by institution and by neighborhood to serve as resources for one another.
- Information on other general support services and activities for families.

Services, however, do not include actually locating or arranging child care, helping with a job search, or advising employees on issues such as maternity leave. The Office for Parenting is located at the Harvard Medical Center, 221 Longwood Avenue, Room 416. For more information on the child care information and referral service, contact Rich Montgomery, Assistant Director of Human Resources, at ext. 1700, or the Office for Parenting at 732-1615.

Richard DeCesare, of Anesthesia Clinical Engineering, demonstrates the device used to monitor a patient's pulse and blood-oxygen saturation during surgery. "Call a doctor!" Mr. DeCesare exclaimed when he measured one student's pulse at 120 beats per minute.

Back to school

Health professionals with bachelor's degrees can take courses at the MGH Institute of Health Professions. Fall course offerings include:

- Biochemical and Physiological Aspects of Nutrition
- Clinical Applications in Exercise Physiology
- Integrated Approaches to Pain Management
- Anatomical Basis of Kinesiology
- Basic Orthopedic Radiological Assessment
- Concepts of Orthopedic Physical Therapy
- Sports Injuries I: Prevention and Triage
- Women Across the Life Cycle
- Foundations of Clinical Assessment in Physical Therapy
- Clinical Nutrition

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Photos processed by MGH Photo Lab

Students in the mentor program watch as OR nurse Randy Corkum performs a mock operation on Resusci-Annie. Paula Woo, a student from Belmont High School, plays the part of the scrub nurse.

Nutrition

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therapists, speech pathology therapists, and other members of the health-care team for coordinated patient care.

- Work with home care agencies to help provide nutrition services for AIDS patients being cared for at home.

As well, Ms. Resler points out the importance of treating AIDS patients with respect, support, and compassion. She outlines strategies initiated at the MGH to meet this goal including: staff education, minimum use of tray precautions, attention to presentation of meals, and incorporation of the patients' diet preferences into a healthy eating pattern.

Ms. Resler is a Clinical Dietitian in the Baker-Phillips House and is the dietitian in the Transplant and Dialysis Unit at the MGH. She received her master's degree in dietetics through the Graduate Program in Dietetics at the MGH Institute of Health Professions and was a Dietetic Intern at the MGH.

Mentors

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the MGH mentors. "What made the program work was the expertise and generosity of the MGH professionals who acted as mentors and hosted the educational presentations."

And Ms. Rowell feels the experience was valuable for the youth beyond interesting them in health care. She says, "This was an important component of their life experience. Whether they choose health care or not, they have been exposed to new technology, and when they read about issues like organ transplantation or cancer research, they will have personal experience to bring to what they learn."

Other MGH departments participating in the mentor program this summer were: Admitting, Cytogenetics Lab, Emergency Department, Infection Control, Neuropathology, Patient Care Representatives, Radiology, Social Service, Speech and Language, and the Women's Health Associates. Barbara Carter, Chairman of the Nursing Recruitment and Retention Committee, worked with Ms. Rowell to match students with mentors.

Judy Lenz, RN, explains the duties of an OR nurse to a group of high school students who participated in the mentor program this summer.

MGH HOTLINE

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Does the Health Security Act leave the MGH secure?

The Health Security Act of 1988 addresses some financial needs of hospitals. How will the MGH fare at the hands of this volume-driven system?

Since the April signing of the Health Security Act of 1988, designed to provide health insurance for nearly all Massachusetts residents and relieve some of the financial burden experienced by the state's hospitals, we have been swimming in a sea of confusion and uncertainty.

Where does the MGH stand with respect to the new health care legislation? A state in the midst of a budget crisis initially jeopardized one of the major hospital reimbursement features of the bill.

The bill promised $50 million to hospitals to compensate for federal reductions in Medicare payments. But to balance the budget, Governor Dukakis considered a veto of this aspect of the bill.

However, the governor kept his commitment and restored this item but only to the tune of $37 million for fiscal year 1988.

Though, as Richard Crater, Director of Fiscal Affairs at the MGH, points out, "None of the $50 million is in the 1989 budget. And we have yet to see whether we will receive the money in 1989 and in subsequent years."

The MGH's share of this $50 million is $2.8 million—the amount the hospital stands to lose each year from this item alone if subsequent budgets fail to include it.

Another payment-related feature of the health care legislation was a contribution by the state to the statewide uncompensated care pool. Under the law, the liability to the private sector for the cost of caring for those who cannot pay, is capped at $325 million.

If the costs for uncompensated care exceed the $325 million, the state promised to pay up to $48 million of the excess. However, this much needed insurance for hospitals fell to the veto ax, and

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Job shop at the MGH Career Fair

The Human Resources Department will sponsor its Second Annual Career Fair on Thursday, September 15, from 10:00 am - 6:00 pm on the Bulfinch patio.

The program will give participants the opportunity to meet MGH department representatives and learn about current job openings throughout the hospital.

Representatives of area schools, colleges, and job training centers also will be on hand to answer questions about careers in health care or hospital support services.

The Career Fair, which is open to the public, drew over 500 visitors last year. It's a great chance for MGHers to introduce friends or family members to a lifetime of opportunities at the MGH.

Whether seeking new employment or considering a career change, your first step is the MGH Career Fair.

Transplant patient makes milestone

A Malden man, one of the world's longest survivors of a bone marrow transplant for aplastic anemia, has reached another medical milestone. Jeffrey Donnelly, 32, recently celebrated the 15th anniversary of his surgery by undergoing a liver transplant at the MGH. He may well be the only person in the world to have both transplants.

In 1973 his bone marrow transplant, also performed at the MGH, cured his usually fatal aplastic anemia, a condition in which the bone marrow ceases to produce blood cells. Before his transplant, he had required more than 30 units of blood for anemia. He apparently contracted viral hepatitis (non-A, non-B type) from a contaminated unit. There is no test available to detect non-A, non-B hepatitis.

Mr. Donnelly's liver disease gradually progressed to cirrhosis that worsened over the years until he became critically ill last year. Organ transplantation was his only chance for survival.

"Non-A, non-B hepatitis is the most common complication of blood transfusions," said Dr. A. Benedict Cosimi, Chief of Clinical

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Bob Burroughs retires

Bob Burroughs, an employee in Transport Services for 14 years, retired last month with a send-off that aptly expressed the warmth and respect he evoked from everyone who knew him.

Mr. Burroughs, who has cerebral palsy, started working as a volunteer at the MGH in 1971 and came on full time in 1974. He delivered information and materials throughout the hospital. But beyond his daily responsibilities he was an invaluable resource and advocate for individuals with physical handicaps.

Mr. Burroughs, for instance, initiated an innovative counseling project designed to give physically challenged patients, their families, and their caregivers the benefit of the experience of someone who had faced similar difficulties. He worked with physicians and administrators to provide counseling for patients and education for medical and nursing school students, and other health care professionals.

Mr. Burroughs' willingness to share his experience was especially important in helping patients with disabilities understand and adapt to their handicap. Writes Dr. Henry J. Mankin, Chief of the Orthopaedic Service, in a thank-you letter to Mr. Burroughs, "We appreciate your availability to serve as a special counselor for disabled individuals on the orthopedic and rehabilitation services. We need

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Wayne Newell, Director of Materials Management, and Audrey O'Hara, of Transport Services, present Bob Burroughs with cards and gifts from well-wishers. Photo by Paul Batista.

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Transplantation Surgery at the MGH. "We knew he had hepatitis and some abnormalities of liver function and was gradually developing cirrhosis [scarring of the liver], but we were able to manage him medically for many years, as we do most people."

Mr. Donnelly is now recuperating at home in Malden after a two-month stay at Beacon House, a complex which provides temporary housing for MGH outpatients and families of patients. He continues to come to the MGH's Transplant Unit every few weeks for clinic visits.

"Mr. Donnelly has now been the recipient of two rather innovative approaches to medical care," said Dr. Paul S. Russell, MGH Chief of the Transplant Unit and John Homans Professor of Surgery at Harvard Medical School. "He came to us for a bone marrow transplant in 1973 just at a time when that technology was showing some success [at that time about 20 bone marrow transplants around the world had been successful for aplastic anemia].

"Now he has benefited from liver transplantation just as we are gaining more and better knowledge. Even two or three years ago, we probably would not have considered him as a liver transplant candidate because of his previous surgery and the fear that he would not tolerate the operation well."

Jeffrey Donnelly, who underwent a successful liver transplant in March, almost 15 years to the day after having a bone marrow transplant, has his medication checked by MGH Transplant Unit nurse Susan Noska, RN. Mr. Donnelly continues to visit the clinic every few weeks so that his progress may be monitored. Photo by Myron Daniels.

A truck driver with routes along the East Coast before his illness forced him to quit in June 1987, Mr. Donnelly is anxious to get his life back to normal and is hopeful that he will soon be able to return to work, perhaps in a less physically demanding profession.

Now living in Florida, his family, including his two younger brothers who literally saved his life during his bone marrow transplant, stayed with him during his hospitalization and his recuperation at Beacon House. His brother Scott, just 12 years old in 1973, donated his bone marrow to the then 17-year-old. Fifteen-year-old Stephen provided blood transfusions until Scott's healthy bone marrow could begin restoring their brother's blood-producing mechanism.

Shortly after his bone marrow transplant, Mr. Donnelly suffered from a nearly fatal graft-vs.-host

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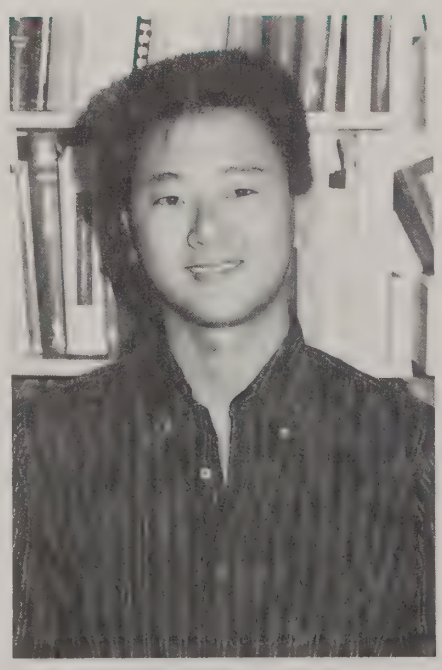
In general

Richard Chung, a first-year medical school student, received a $2,000 grant to perform cancer research this summer in a laboratory at the MGH under Dr. Robert Martuza, a neurosurgeon, and Dr. Bernd Seizinger, an assistant geneticist at the hospital. Mr. Chung, who attends Harvard Medical School, was one of only four medical students in Massachusetts awarded the American Cancer Society's 1988 Betty Lea Stone Fellowship.

Mr. Chung's research involves isolating a genetic marker close to the gene that causes a devastating disorder characterized by multiple cancers, including fatal tumors of the kidney (see page 1, MGH Hotline, May 12).

"Working closely with established researchers this summer has really helped me define my career goals," said Mr. Chung, who plans to pursue a career in neurosurgery.

Dr. Richard Gelberman, Chief of the Hand Surgery Service at the MGH and Professor of Orthopaedic Surgery at Harvard Medical School, will serve as Chairman of the committee on Candidate Member Services for the American Academy of Orthopaedic Surgeons in 1988.



Medical student Richard Chung worked with MGH researchers this summer.

Dr. Dwight R. Robinson, physician in the MGH Arthritis Unit and Associate Professor of Medicine at the Harvard Medical School recently was honored at the National Arthritis Foundation's Awards Luncheon in Baltimore, Md., for his work as associate editor of the *Primer on the Rheumatic Diseases, 9th edition.*

Health care act

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the MGH is again at risk for paying for uncompensated care in excess of the capped $325 million pool. Mr. Crater remarks, "The MGH provided $28.3 million in uncompensated care last year."

The new health care bill creates a volume-driven, hospital-financing system. The legislation encourages competition and forces hospitals—if they are to survive—to seek new ways to increase admissions and shorten lengths of stay.

Writes Dr. Buchanan, "Assuming the requisite staffing, the projected MGH budget for the next fiscal year is predicated on 35,500 admissions or about 2,300 more than projected for this year."

"To put that into perspective," says Mr. Crater, "that level of increased admissions generates about $20 million in the payment system. Without the new legislation the same increase would only have generated about $10 million. That's the benefit. If you do more volume, you get more money than you used to." But it we fail to meet our admissions goal, we will lose $3.75 million in revenue per

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Burroughs

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someone of your capability who has risen above personal handicap to counsel individuals on methods of coping and dealing with disabilities and impairments."

To Mr. Burroughs the best textbook was example. Confined to an electric wheelchair, he worked with undying energy and commitment to help address the needs of the handicapped. Mr. Burroughs offered his counseling services to the Emergency Department on a 24-hour, on-call basis. And he was active in the United Cerebral Palsy Association and many other groups concerned with issues affecting the handicapped.

And in 1986 with the help of Biomedical Engineers at the MGH, he developed a device which affords handicapped individuals a greater degree of freedom in handling their financial and legal affairs. Mr. Burroughs who describes himself as 95% handicapped (he is unable to dress, feed, or bathe himself), had to rely on relatives, friends, or even strangers to assist

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What's happening

IV Conversion—It's a 10!

The MGH has begun the process of converting from the use of IV bottles to plastic bags which are easier to handle and store, and of course, unbreakable. Last month, the operating rooms, intensive care units, emergency ward, and surgical day care were completely converted.

New IV tubing has been installed throughout the rest of the hospital, and conversion to the new system will continue as the old supplies are depleted. Mr. DeMonaco, Director of Pharmacy, says the most important aspect of the new system for medical personnel is the difference in drop rates. The adult drop rate for the old system is 15 drops per milliliter. However, the adult drop rate for the new system is 10 drops per milliliter.

Lois Parker of Pharmacy (left) and Blood Transfusion Service IV nurse Bill Puricelli (center) watch a demonstration of the new IV system by a pharmaceutical company representative.

Volunteers needed for studies on high blood pressure

The Hypertension Unit is seeking patients with high blood pressure to participate in studies of the effect of blood-pressure-lowering medications on cardiac (heart) performance. Participants will undergo careful blood-pressure monitoring and may, if they wish, undergo cardiac excersise testing to determine the functional status of their heart. Contact the Hypertension Unit at ext. 7790 for more information.

Institute hosts Town Meeting

Patrick McCarthy, the new president of the MGH Institute of Health Professions, will hold a Town Meeting on Wednesday, September 14 from 4:30 - 6:30 pm in the Wellman Conference Room. Mr. McCarthy will discuss the future roles of the institute, and MGH employees are invited to attend and share their views on:

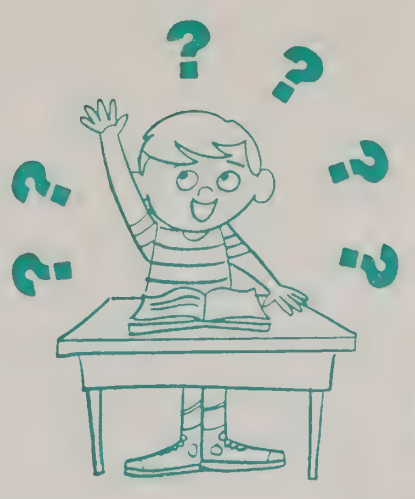
- programs the institute should offer
- how the institute can help alleviate the health care manpower shortage
- how the institute can aid career development in health care professions.

The Wellman Conference Room is on the first floor of the Wellman Research Building. For questions prior to the meeting, contact Anne Harper, ext. 8005.

Since you asked

Do you wonder why things happen the way they do, how decisions are made, or where the hospital stands on a certain issue? "Since You Asked" is a new program that may have the answers.

Coordinated by Employee Relations, the program provides a way for MGHers to get their questions answered either in writing or at Town Meetings. Employees can send signed or unsigned questions through house mail to an MGH mailbox located in the post office. Envelopes should be addressed to "Since You Asked." Employee Relations will check for questions daily, thoroughly research questions, and draft responses with assistance from a specific department head or administrator. While Employee Relations hopes to respond to all questions, confidentiality and inappropriateness will have to be considered.



Questions and responses will be posted around the hospital within two weeks of receipt. Or questions can be addressed at a Town Meeting if requested in the letter. Posting boards on the main campus are situated in the following areas:

- Gray 1 opposite the General Store
- at the entrance to the General Cafeteria
- Jackson Building lobby
- Clinics 1 next to the check cashing window
- Gray Building basement next to the authorized bulletin board used for sales and rentals

Off-campus posting boards are located in the Chelsea Health Center message center, the employee lounges at the Revere and Bunker Hill Health centers, at the Somerville complex in the main lobby vending machines area, at River Street in the lobby, and at MGH East on the seventh floor next to the mailroom.

Cards for sale

Holiday cards designed by patients on Burnham 4 are back by popular demand. The cards, which feature one postcard design and three different greeting card designs, cost $8.00 per box of twenty. Proceeds will benefit the pediatric nursing service. Call ext. 3123 for more information.

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Milestone

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reaction, in which the cells of his transplanted bone marrow recognized his body as foreign and reacted against it. He recovered from that severe illness and was able to resume a normal life and to work until he became ill last year.

In March after a four-week wait, a liver donor was found through the New England Organ Bank. Dr. Cosimi and his team transplanted the organ in a complication-free, nine-hour operation. Sixteen units of blood were transfused.

Because of his earlier bone marrow transplant, Mr. Donnelly theoretically has two different immune systems which interact. Either one or both could reject his transplanted liver.

"We were concerned that his bone marrow may not have the reserve of normal marrow," said Dr. Cosimi, who is also Professor of Surgery at Harvard Medical School. "In fact, he receives the same immunosuppressive drugs as our other transplant patients and has had no evidence of bone marrow dysfunction."

The Malden man's immediate postoperative course was aided by his participation in an ongoing study, headed by the MGH, using monoclonal antibodies (specifically

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To trowel awhile

Construction workers use huge machines that act like buffers to put a trowel finish on the concrete on the ninth floor of the inpatient tower. The steel structure has reached the fifteenth floor.

Burroughs

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him in signing checks or legal documents—information most people would consider extremely personal.

The solution was a personalized ring which, when pressed against indelible paper, transfers the ring's unique design onto a document, creating a legal signature. The MGH Machine Shop created a prototype of the ring, while Mr. Burroughs set about convincing his bank, the American Express Credit Card Company, and his stock broker to accept the ring's impression as his legal signature. Mr. Burroughs subsequently received court approval to use the ring's imprint as his legal signature and worked to find a firm to manufacture and market the item which he felt would give handicapped people more autonomy.

"Bob was a bit of a legend," says, Robert Winebold, Supervisor in Transport Services who knew Mr. Burroughs for 14 years. "He is intelligent and creative. His only handicap is physical."

Mr. Burroughs has retired to Florida. We will miss him—not just for what he accomplished but for who he is.

Bob Crivello, of the Photo Lab, and locksmith Chris Tiglianides trade stories with Bob Burroughs at his retirement party last month. Photo by Paul Batista.

Health care act

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every 500 patients beneath our projection.

"We've clearly made a major decision to respond to the volume-driven nature of the bill," says Mr. Crater. "We have talked to all of the chiefs of service and asked them to focus on increasing admissions."

Last year we had 34,100 admissions, and this year we budgeted for 34,500 admissions. "The problem is," Mr. Crater says, "that currently, at a rate of 33,200 admissions, we are not making our projected budget for this year, and we are not even making last year's actual. The bill would have been worth more had we done the volume we had hoped for."

This year the MGH is operating with a projected $9 million deficit and expects a $13 million deficit next year. The difficulty is that deficits sap an institution's ability to pay for supplies and services. Like any other organization, a hospital would ultimately have to become smaller or close if it leaves a paper trail of unpaid bills.

The additional revenue the bill allows for volume will help, but the challenge for Massachusetts hospitals to survive financially remains. Yet, as hospitals seek to treat more patients, they will incur additional costs, for instance, the costs of recruiting and retaining the personnel essential to increasing admissions.

"We're not the only ones by any means," says Mr. Crater. "Every single one of the downtown teaching hospitals has a loss projected, and it's proportionate to our loss.

"We will clearly have to ask everyone to continue to control expenses and find better and less costly ways of doing things. We don't anticipate operating with a deficit indefinitely, but we also don't see where the change is going to come."

Milestone

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an antibody called OKT-3 for which the MGH had done the pioneering testing) to better control rejection.

Normally prescribed for an acute rejection episode, OKT-3 in a new study is randomly given to half of the patients (in addition to steroids and other immunosuppressive drugs) at the time of transplant to prevent rejection. The other group receives cyclosporine, the conventional drug, in place of OKT-3.

"Although it is too early to say definitively, preliminary results favor OKT-3 over cyclosporine," said Dr. Cosimi. "Overall survival is the same for both groups. But OKT-3 patients appear easier to manage initially; kidneys function better, and patients experience less rejection. Consequently, they are discharged and on the road to recovery more quickly."

The study is being conducted in collaboration with the Boston Center for Liver Transplantation. (The MGH is one of four member hospitals.)

The success rate for liver transplantation continues to improve as better selection of patients, new surgical techniques, and advances in postoperative care are developed. The MGH's liver transplant program, begun in early 1984, has an overall survival rate of 65 percent at one year post-transplant. In the last two years, however, the one-year success rate has jumped to 85 percent (based on approximately 35 patients). The five-year survival rate nationally is 55 to 60 percent but is expected to improve as new developments are implemented.

What's happening

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Psychiatry to host information sessions on panic attacks

The MGH Department of Psychiatry will hold a series of open houses on Panic Disorder and Agoraphobia.

Panic attacks are sudden, frightening episodes of anxiety often associated with hot flashes, rapid heart beat, shortness of breath, dizziness, trembling, light headedness, and a feeling of losing control. People with panic attacks may become agoraphobic; avoiding crowds, social gatherings, stores, highways, restaurants, or other situations and places they have come to associate with panic attacks.

The open houses will consist of a presentation on panic disorder and agoraphobia, information on evaluation and treatment programs available at the MGH followed by a discussion period. The first program will run from 6:00 - 7:00 pm on Wednesday, September 14, in Walcott Room A. Subsequent programs will be held the second Wednesday of every month. Please call the MGH Anxiety Research Program at 726-6944 for further information.

Can hospitals breathe a sigh of relief, or are crucial services still threatened? Here Chelsea Health Center nurse Kathryn Healey examines young Marlena Argueta sitting on the lap of her mother, Elida Argueta.

Save dollars with discounts

A variety of discounts are available to MGH employees through Employee Records on Bulfinch 2. MGH employees can save on movie tickets, appliances, housewares, electronics, cars, computers, furniture, travel, and recreation. Office hours in Employee Records are Monday - Friday, 8:00 am - 5:00 pm. For more information on discounts call ext. 2212.

We've moved

The Business office for Cardiac Administration has moved from Bulfinch 1 to the Bulfinch basement. Their new extension is 5544.

The MGH HOTLINE is published twice monthly by the MGH News Office.

William E. Walch, *Vice President for Resource Development and Public Affairs*

Martin S. Bander, *Director of News and Public Affairs*

Kennetha J. Bigham, *Editor*

Doris G. Schreckengaust, *Copy Editor*

Photos processed by MGH Photo Lab

Finally Fall

MGH HOTLINE

22 September 1988

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Bartlett 9, Extension 2206

Safety first

Slips, trips, falls, close calls—these are the kinds of things that Steve Larson cares about. He's the MGH's new Safety Director.

A native New Englander with a Master's in Preventive Medicine and Environmental Health from the University of Iowa School of Medicine, Mr. Larson has had extensive experience in environmental safety management. Most recently he has worked as the Director of the Office of Environmental Health and Safety at Northeastern University.

The safety office is an information resource for the hospital, responding to questions from the hospital community, providing education on safety issues, and helping the MGH keep abreast of government regulations. As well, the safety office helps develop and institute safety policy.

"However," says Mr. Larson, "The Safety Director cannot single handedly make the MGH a safe place to work. That responsibility must be shared by the whole spectrum of people who work here.

"My first priority is to collect information, review the information already available, and make recommendations on how the hospital can best assure the safety of employees, patients, and visitors."

Mr. Larson plans to work with the Human Resources Department to provide training for MGH employees on a variety of safety and health issues. He is currently pursuing a Master's in Training and Instructional Design at the University of Massachusetts/Boston.

"We will identify areas where something can be done to either minimize or reduce the frequency and severity of injuries," he remarks. As an example Mr. Larson points out the value of signage in areas near wet surfaces.

"When people are aware they are doing a high risk thing, like walking on a wet floor, they can be more attentive to that activity and are therefore less likely to suffer a fall," he says. "We have to make sure there are signs in-

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Steve Larson, the new Safety Director, measures the level of light at a laboratory work station.

Trudi Fondren of Pediatric Microchemistry says of the Patient Network, "We try to provide a positive perspective on coping with cancer and its treatment, and to provide hope."

If talking can help—the Patient Network

They called it "ITCH," the acronym for "If Talking Can Help." This was the original name for what is now called the MGH Patient Network, a group of trained volunteers—former cancer patients—who offer support and informal counseling to cancer patients at the MGH. This fall, the network, which is part of the MGH Cancer Center, celebrates its one-year anniversary.

Carefully selected volunteer counselors who make up the Patient Network share their experiences with cancer patients and offer positive insight into how to live with cancer. "When you get the diagnosis of cancer, you are faced with a million questions and concerns," says Trudi Fondren, a former cancer patient and now a

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Changes in the WACC lobby to include new financial services office

Convenience for MGH patients is one of the major goals of renovations of the Wang Ambulatory Care Center lobby which will consolidate many patient financial services in one place for the first time.

For instance, the hospital has created the Patient Financial Services Office, due to open this fall, to assist its patients in understanding medical bills and insurance coverage. It will be the one-stop patient financial service center within the hospital, and all questions regarding inpatient and outpatient billing, services billed by the Professional Billing Office, or

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Patient Network

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counselor with the Patient Network. "Many of them can be answered by the medical staff, but a patient sometimes has concerns of a more personal, nonmedical nature and needs to talk to someone who has gone through it first-hand."

Ms. Fondren is a Senior Technologist in the MGH Microchemistry Lab. Early last year she was diagnosed as having bone cancer and underwent total hip replacement surgery and an allograft. An allograft is a procedure in which a surgeon removes a cancerous bone and replaces it with a healthy bone from someone who has died. Ms. Fondren had many questions about the surgery and the disease. She wondered what her scar would look like, and how she would handle the nausea associated with chemotherapy.

Even before the existence of the Patient Network, Ms. Fondren's physician, Dr. Henry J. Mankin, Chief of the Orthopaedic Service, informally encouraged recovering patients to share their experiences with patients about to undergo surgery. Other physicians throughout the hospital have also employed similar informal networks.

As Ms. Fondren remembers, "While I was in the hospital one morning, a lady walked into my room whom I had never seen before. Dr. Mankin had asked her to talk to me because she had had the same kind of cancer and surgery that I was about to have. She came in and talked to me about her experience; then she hiked up her skirt and showed me her scar. It wasn't bad at all—just like a neat little seam down the side of her leg," says Ms. Fondren.

The network is most helpful to patients who need the unique support only someone who has had a similar experience can provide. Ms. Fondren says that what brought her to the Patient Network as a counselor was her first interaction with Dr. Mankin's former patient. "That's what the

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Paula Wolfson, chairman of the steering committee that formed the Patient Network, talks with fellow volunteer Bernice Colt (left).

In General

Sandra G. Bock, PA-C, M.Ed., a Physician Assistant from the Bunker Hill Health Center (BHHC), recently joined more than 2,000 fellow members of the American Academy of Physician Assistants (A.A.P.A.) at the Academy's 16th annual conference in Los Angeles.

The conference offered continuing medical education, professional exhibits, and social events for members of the A.A.P.A., which represents Physician Assistants nationwide. Physician Assistants are skilled members of the health care team who, working under the supervision of licensed physicians, provide a broad range of medical services in almost all health care settings.

Sandra G. Bock

Dr. Jose I. Santos, Assistant Pediatrician for the Children's Service at the MGH and Associate Professor of Pediatrics and Pathology, Boston University School of Medicine, is one of seven alumni to receive the Distinguished Alumnus Award for the College of Science at Cal Poly University, Pomona.

Dr. Santos received both his Bachelor's degrees in biology/microbiology and a Master's degree in microbiology from Cal Poly Pomona in 1968 and 1970. His M.D. degree was conferred in 1975 by Stanford University. He is a founding member of the Pan-American Society for Infectious Diseases, and a member of the American Association for the Advancement of Science, as well as numerous other societies.

Dr. Santos is the coauthor of one book and many professional articles and has received numerous awards for his professional accomplishments.

Colleen M. Kigin, Director of Cardiopulmonary Physical Therapy at the MGH, was recently elected to the American Physical Therapy Association Board of Directors.

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Safety

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forming people of environmental risks."

By impacting perception and behavior, Mr. Larson feels he can positively affect safety in the institution. He notes, for example, that in recent years fires were one of the primary safety issues in hospitals. However, Mr. Larson remarks, "Fire has become less of an issue since fewer Americans are smoking, and there are more stringent controls on smoking in hospitals."

Mr. Larson will work closely with MGH departments to adhere to required safety standards in a variety of areas, including hazardous materials management, infection control, and office safety and health.

For instance, he will work with Environmental Services on the disposal of hazardous waste including chemical, biohazardous, and radioactive waste.

Biohazardous waste, such as used bandages, has to be inactivated by autoclaving before it leaves the hospital. Autoclaving is the exposure of waste materials to temperatures of over 220 degrees Fahrenheit at 20 lbs. pressure. "It's like cooking it in a pressure cooker," says Mr. Larson. The remaining inactive material is then incinerated off site.

Mr. Larson's experience in environmental waste disposal—he is on the advisory board of the State's Office of Safe Waste Management of the Department of Environmental Management—will help the hospital continue to dispose of waste in ways that consider the safety of employees and the public. Mr. Larson has written extensively on environmental safety and health and is a board certified safety professional and industrial hygienist, and a registered sanitarian in Massachusetts.

WACC lobby

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other financial matters can be answered at this location.

Trained professionals will provide financial counseling and help patients resolve billing problems, complete free-care applications, and arrange payment schedules. Patients required or wishing to pay in advance (e.g. foreign patients or out-of-state patients) will have the opportunity to obtain estimated bills.

The office will work very closely with the respective billing departments at MGH East and the government programs office on Gray 1 to resolve matters in a timely manner. The new office, which will be open Monday - Friday from 8:00 a.m. - 5:00 p.m.,

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What's happening

AIDS awareness week features presentations in many languages

The AIDS Educational Task Force is again sponsoring AIDS Awareness Week at the MGH October 3 - 7. Twenty-minute programs, with time for questions and answers, will address questions like: What is AIDS? How is it transmitted, and how do you reduce your risk of acquiring AIDS?

In addition, these presentations will be given in several languages including Cambodian, Haitian, Portuguese, Spanish, Vietnamese and English. We hope to reach all MGH employees to provide educational information on AIDS, especially those departments who have not had recent AIDS educational programs. The schedule for these presentations will be forthcoming and additional information can be obtained from your supervisor or through the Infection Control Unit at ext. 2036.

A change of place

The Cashier's office has moved from Bulfinch 1 to the WACC lobby. Their extension is 2163.

Osteoporosis prevention study

The Mineral Metabolism Unit of the MGH is conducting a study of the role of the calcium-regulating factor, calcitonin, with daily calcium and vitamin D in preventing the bone loss associated with the postmenopausal period. Healthy women, age 40 to 60, who have undergone a natural menopause in the past one to six years and are not receiving estrogen therapy are eligible. For further information, call Robbin Cleary at ext. 6723.

New Physical Therapy service opens

The MGH Physical Therapy Associates (MGH-PTA), a new private outpatient group practice, opened its doors at 60 Staniford Street this summer as the first non-physician member of the MGH Professional Services Corporation. Daniel A. Dyrek, MS, PT has been appointed as the first director of the practice. He is also an assistant professor at the MGH Institute of Health Professions.

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In General

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Ms. Kigin, who is also an assistant professor at the MGH Institute of Health Professions, will serve a three-year term.

Ms. Kigin has served as chairman of the American Board of Physical Therapy Specialties and recently received a Master's in Public Administration from Harvard's Kennedy School of Government.

Dr. Susan E. Kohn, Research Scientist at the MGH Institute of Health Professions Neurolinguistics Laboratory, has received a five-year grant from the National Institute of Neurological and Communicative Disorders and Stroke to study the evolution of sound production deficits in people who have had strokes.

Four MGH researchers have received grants to conduct research in the fight against muscular diseases. **Drs. Robert Brown, Agatha Colbert, John Gergely,** and **Leo Sullivan** received a portion of $1,300,000 in grants presented to area researchers and clinics by the Muscular Dystrophy Association.

Elizabeth Schubert is a recipient of the American Cancer Society's Alvan T.—Viola D. Fuller Junior Research Fellowship. The fellowship allowed Ms. Schubert to work this summer with Dr. James F. Gusella, a neurogeneticist at the MGH. Ms. Schubert is a junior at Bryn Mawr College in Pennsylvania and one of nine Massachusetts students to receive the award. Her research involved isolating the gene that causes neurofibrocytosis, a cancer associated with the nervous system.

Elizabeth Schubert spent the summer working with a neurogeneticist at the MGH.

Father Michael McElhinny, Coordinator of Catholic Chaplains, takes a moment to chat with patient Bernard Kotarski of Algonac, Michigan.

When to call a chaplain

There have been chaplains at the MGH since 1933 when the Reverend Russell Dicks started to work with the support and encouragement of Dr. Richard Clarke Cabot. Dr. Cabot is well remembered for his insistence that patients be seen as whole people with social and spiritual needs as well as physical ones.

So what do chaplains do? Hospital chaplains minister to people of all faiths and attempt to communicate empathy and understanding. And if you have wondered when was a good time to call a chaplain, here are some suggestions.

1. Upon request. For many people it is as natural as breathing to rely upon and to request spiritual assistance.

2. To receive the sacraments. The patient or his or her family may consider it very important that infants be baptized, the seriously ill and those who are dying be anointed, and that patients be able to make a confession or receive communion.

3. For Pastoral Counseling. Many patients come to the MGH from far away and are often removed from their pastoral support.

4. Before surgery. For most patients the day and the night before surgery are filled with anxiety that counseling, prayer, or communion may help to alleviate.

5. When there is a new diagnosis, or recurrence, especially if this is a catastrophic or chronic disease. Being prepared to listen and to explore the resources of patients facing major life-style changes is part of any chaplain's ministry.

6. To help with the unanswerable questions. When the need for hope and meaning becomes extreme, it is essential to have someone with whom to share the pain, the anger, and the tough questions.

7. To help patients face death. Helping patients to face death with calmness and dignity; helping patients to clarify the meaning their suffering and illness brings is a function of the chaplain.

8. To provide support for family and friends. If one member of the family is sick, the whole family is affected.

9. Chaplains are available to minister to the needs of staff too. When coping with the stress involved in caring for seriously ill patients becomes difficult, chaplains can offer comfort and support.

A Roman Catholic priest is available in-house, and a Protestant chaplain is on call at all times. Also on staff and regularly available are a rabbi, an Episcopal priest, and a Greek Orthodox priest. Attempts will be made to contact clergy of any faith upon request. Lay ministers and eucharistic ministers along with clinical Pastoral Education interns also serve the spiritual and emotional needs of patients at the MGH. The extension of the Pastoral Services Department is 2220. Roman Catholic chaplains can be reached at ext. 2222, or beeper number 7301. The beeper numbers for the Protestant chaplain on call are 7303 during the day, and 7305 after 5:00 p.m. and on weekends.

WACC lobby

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will only offer assistance to patients who wish to resolve issues in person. Telephone inquiries and written correspondence should be directed to the appropriate billing office at MGH East.

More room to register

The renovation will facilitate increased patient flow through the WACC lobby registration area. The volume of patients received in this area is averaging greater than 300 daily.

Registration representatives will provide express service for patients seeking the renewal of the blue hospital card—used to obtain outpatient services—if the card does not require any change in information. This will decrease waiting time for these patients. Other representatives will be available to initiate new records or renew hospital cards that require changes in information and updating of the existing account. The registration area will be open Monday - Friday from 7:30 a.m. - 5:30 p.m., and from 8:00 a.m. - 12:00 noon on Saturday.

A central cashier

The cashier's office, previously located on Bulfinch 1, and the WACC lobby cashier have been combined in the newly renovated space. The new cashier's office will continue to provide those services that were performed at the two previous locations as well as expanded credit card options to make payment more convenient.

Documentation area for physicians

The MGH Professional Corporation's physician documentation area is now located in the WACC lobby. This office is responsible for reviewing patient medical records for documentation and will provide an area in which physician's can complete documentation.

What's happening

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The practice will serve as an extension of existing physical therapy departments within the MGH and the Spaulding Rehabilitation Hospital as well as the graduate program at the MGH Institute of Health Professions. Its staff will share a dual appointment with one or more of these other facilities. In addition to providing patient care, a major focus of MGH-PTA will be to collaborate with the other departments on research, consultation, and staff and graduate student education.

Mr. Dyrek says the responsibilities of the physical therapist have expanded tremendously over the last 10-15 years. The new service has been developed to implement and stimulate this growth by enabling a therapist to practice at the highest level of his/her training within a hospital setting. "The potential for the advancement of professional physical therapy practice is enhanced by this effort," says Mr. Dyrek.

The new practice provides a ladder for the career development for therapists currently employed at the MGH, Spaulding, and the MGH Institute of Health Professions and should serve to recruit advanced clinicians to joint clinical appointments between MGH-PTA and the existing physical therapy services.

The MGH Physical Therapy Associates currently specializes in orthopedic and sports physical therapy services. The administrative and patient care systems developed for the practice represent a major step forward for physical therapy at the hospital and as a profession.

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Photos processed by MGH Photo Lab

Juliana Sessoms and Carrie Moxley shared the cake last month at their joint retirement party.

Patient Network

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Patient Network is all about. It shows you that you can live with the scars this illness inflicts on you."

Jane Calhoun, MSW, a social worker in the MGH Social Service Department and coordinator of the program, says of its inception, "I first heard about a similar program in St. Louis for women with breast cancer from Evelyn Bonander when she assumed directorship of the Social Service Department here. Then Joanne Goldberg, chairperson of the Friends of the MGH Cancer Center, asked me about the possibility of using volunteers in new ways, and I remembered the St. Louis program. Ms. Goldberg was very interested, and together we formed a group of interested patients who became a steering committee."

The first training session was held in October of 1987 and was led by Ms. Calhoun and nurse Linda Melanson. So far sixteen volunteers have been trained. The volunteers are taught listening skills, relaxation techniques, and the psychosocial and medical aspects of cancer by MGH Cancer Center staff members, including representatives from Social Service, Nursing, and the Medical Staff. As well, volunteers attend monthly follow-up meetings for continuing education and supervision.

Volunteer counselors are available to patients being treated for cervical, breast, and gastrointestinal cancers, and patients with lymphomas, bone tumors, and melanoma. And volunteers who have been treated for breast cancer and have had reconstructive surgery are available to women contemplating or undergoing this type of surgery.

"Through my own experience I realized how very important it is for cancer patients to cry on someone's shoulder, to know that it is OK to feel angry, and to have all of the feelings associated with having cancer," says Ms. Fondren of her reasons for becoming a counselor for the network.

Ms. Fondren and others involved with the network stand by the meaning of the original title. She says, "Talking really does help. It is very cathartic and a very positive outlet for feelings."

Retirements

Best wishes to our recent retirees.

July 1988

Virginia Rice, Cardiac Catheterization Lab, 27 years
Alice Armstrong, Staff Clinic, 23 years
Aldric Slack, Carpenters, 19 years
Euphemia Trowers, Environmental Service, 18 years
Joseph Wilkinson, Information, 18 years
Juliana Sessoms, Central Supply Room, 9 years

August 1988

Carrie Moxley, Central Supply Room, 24 years
Doris Rodman, Social Service, 17 years
Carmen Williams, Environmental Service, 12 years
Paul Stevens, Dietetics, 10 years

Carrie Moxley celebrates her retirement with friend Marjorie Osborne of Transport Services.

MGH HOTLINE

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Ether Day

An employee who has been with the hospital for 60 years will be among the 760 MGHers honored at this year's Ether Day Service Pin Ceremony, to be held on Friday, October 14, in the Wang ACC Cafeteria.

Dr. Oliver Cope of Surgery will join employees with 5, 10, 20, 30, 40, and 50 years of service to the hospital in being recognized.

October 16, 1846 marks the date of the first public demonstration of the use of anesthesia in a surgical procedure. This milestone in the development of modern surgery occurred in the amphitheatre of the dome of the Bulfinch Building, which was used as an operating room from 1821 to 1867.

Prior to October 14, an Ether Day Program will be posted on the Employee Information Bulletin Board across from the General Store. This program will list the names of all this year's recipients. You will also be able to recognize those being honored on Ether Day by the red carnation they will be wearing, presented to them that morning by their supervisors.

Carnations will be available the morning of Ether Day, beginning at 7:00 a.m., in Tom Rothwell's office on Bulfinch 2. Five and ten year pins will also be available at that time. A representative from each department is requested to pick up these items. If any department should need its five and ten year pins prior to the morning of the 14th, please call Marion Dello Russo at ext. 2214.

The ceremony, with Dr. Buchanan presiding, will begin at 3:00 p.m., with a reception immediately following in the Walcott Rooms. Mr. Nicholas Thorndike, Chairman of the Board of Trustees, will be the guest speaker at the ceremony, and Tom Rothwell will be the Master of Ceremony. Names of recipients of 20, 30, 40, 50, and 60 year pins will be read by Martha Byington, Director of Admitting, and Dr. James Thrall, Radiologist in Chief.

Celebrating Environmental Services Workers

Last month Environmental Services celebrated National Housekeepers Week, a time to express appreciation for the over 500 environmental service workers the hospital employs. Twenty-one employees received plaques for perfect attendance.

Mr. Bill Banchiere, Director of Environmental Services, says, "I want employees to feel that they are involved in something that is important—patient care. We want them to have pride in what they do."

At the ceremony Mr. Banchiere mentioned many changes within the department designed to increase efficiency and improve the morale of employees. For example, Environmental Services employees will no longer work rotating shifts. "The advantage," says Mr. Banchiere, "is that employees will feel like a team in patient care areas and can work more closely with the nursing staff. It will also help to control the quality of work."

As well, the department has created a new middle management position to allow more upward

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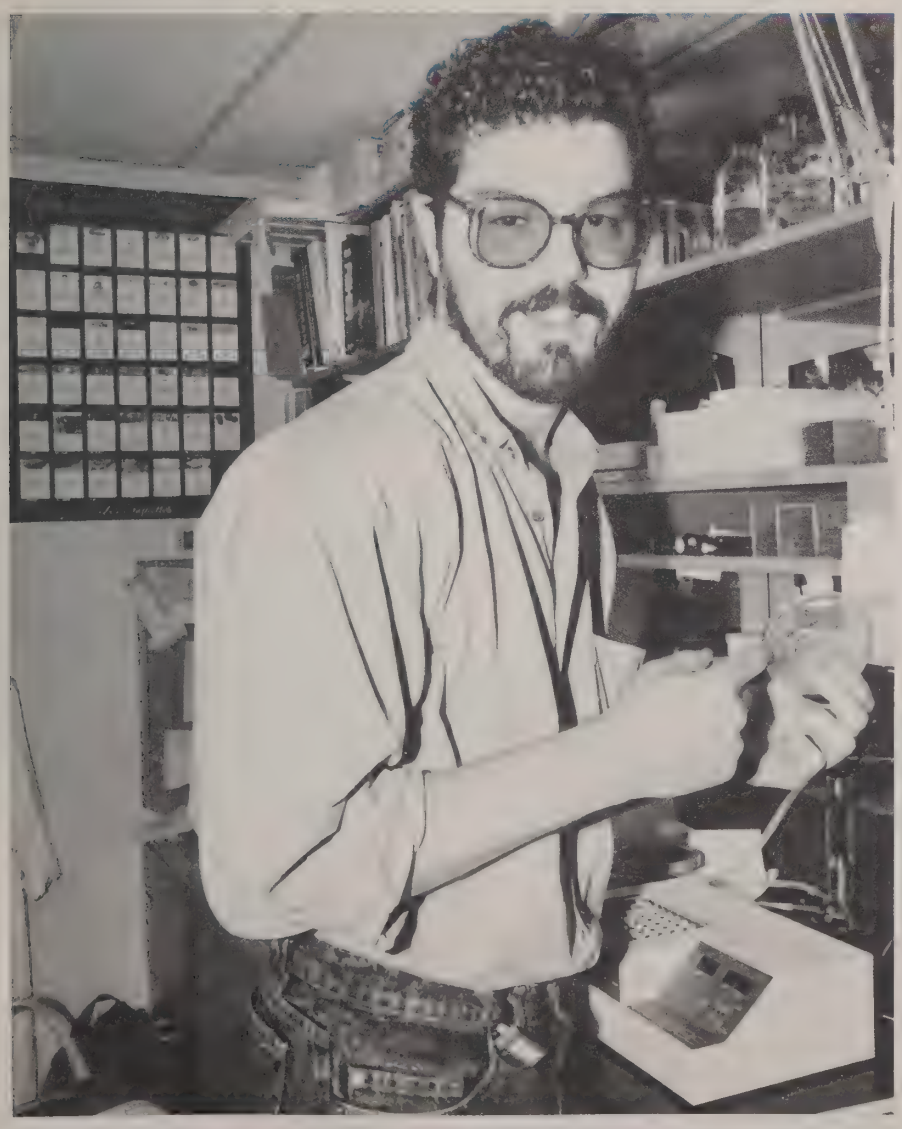
Solange Francois, an Environmental Services aide on Bigelow 10, receives a plaque for perfect attendance from Richard DeVoe, Area Manager for the Bigelow and White buildings. Bill Banchiere, Director of the department, and Assistant Director Laura Brannen stand in the background.



Matthew Anzivino works in the molecular biology department with Dr. David Moore on the genetic mechanisms regulating human growth hormone.

First Impressions

You have to walk up a hill to get to the MGH White Building entrance. The hospital name printed in silver filaments appears understated against the worn grey-white brick.

On my first day at work I walked into the White Building lobby, an area of only 824 square feet, one third the size of a tennis court. But to me, at that moment, it seemed ten times that size, filled with all sorts of people going here and there, making all sorts of noise—a thousand heels clicking on the tile floor, a thousand voices asking questions, and my ears overwhelmed with the answers.

It seemed too big. I was overcome by the activity, the immensity of the place, and all that I must learn.

At first, I didn't walk down corridors. I navigated them. I never went directly from one place to another. I always got lost on the way. I never had any of the answers, only the questions.

These were my first impressions of the MGH—that it was big, unwieldy. But after six months, it's getting smaller.

The MGH hires as many as two hundred employees per month. Two hundred new confused faces joining the crowd each month. Like me, some feel disoriented and lost. All have their unique reasons for coming here, their reasons for liking it or disliking it, and their first impressions. Here are a few of their stories.

Matthew Anzivino, a research technician in the Molecular Biology Department, has been at the MGH for six months. A graduate of Fairfield University in Connecticut, he came to the hospital after completing a course in gene cloning at Hampshire College in Amherst, Massachusetts. "This course was my first exposure to molecular biology," he says, "and this instantly qualified me for this post.

"Anybody associated with the medical community holds the MGH in a great deal of esteem.

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Hospital begins United Way fund drive

The MGH will soon kick off its annual United Way fund-raising campaign. Last year more than 1,300 MGH employees contributed over $100,000 to the United Way fund-raising effort. This year we hope to raise even more. And for the first time, not only will our efforts help communities throughout eastern Masachusetts but our own community here at the MGH.

A unique pilot project, initiated by United Way, will allow the hospital's own social service department to benefit from the proceeds of employee contributions. If we raise 10% more than we did last year, the hospital gets to keep 25% of the additional funds.

However, if we raise more than 10% than we raised in 1987, the hospital keeps 75% of the excess. These funds will help the social service department meet the needs of patients and their families. Our efforts can help the MGH become one of the many organizations that will benefit from a successful United Way fund-raising campaign.

United Way funds agencies that provide affordable day care, home health care for the elderly, disaster relief, food and shelter programs, cancer research, and AIDS education. The organization has allocated $681 million to agencies in 53 years. And more than 85 cents of every dollar goes to help someone in need.

More than 1.7 million people in 81 communities and towns in eastern Massachusetts are helped through 198 United Way health and human service agencies.

As part of the MGH fund-raising effort, representatives from selected organizations funded by United Way will come to the hospital to talk about their activities and answer employees' questions. As well, drawings are planned in which MGHers can win prizes like free parking for one month in the front garage or at MGH East, free lunch vouchers, Bruins tickets, or free MGH aerobics classes, to name a few.

Sally Millar, RN, coordinator of the United Way fund-raising effort at the MGH this year, says of her goals, "First we want to share information about the United Way and the agencies it serves. Second we want to have fun. If we accomplish both of these goals, hopefully more individuals will donate, and the MGH and other agencies will benefit."

Housekeeping

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mobility for employees. Mr. Banchiere explained that previously very few employees were prepared for management positions because their jobs did not provide a training ground for learning management skills.

The crew leader position will offer an intermediate step which will enable employees to learn skills like employee relations and decision making that will prepare them for other management positions.

The following 21 employees were honored at the departmental ceremony for perfect attendance:

George Alleyne
John Baker
Eulah Battle
Eduardo Cespedes
Francette Chappel
John Conley
Tharnell Cotton
Jose Cruz
Maude Dorsavil
Frances Edwards
Solange Francois
Leo Geleas
Elizabeth Heinz
Zophie Jansen
Corenzo Lopez
Mary Melrose
Eleanor Mullaney
Carl Perry
Thomas Pham
Maria Rebello
Hibert Watson

Institute hosts ethics conference

The Program in Ethics of the MGH Institute of Health Professions cosponsored its first ethics conference last month. The two-day program entitled "New Medical, Ethical, and Social Challenges in Newborn Care," brought together physicians, nurses, social workers, sociologists, lawyers, ethicists, and theologians, to explore the key dilemmas arising out of the current groundswell of debate surrounding medical intervention and the newborn. The sessions addressed the challenges of saving smaller and smaller infants and the growing involvement of parent and other interest groups in making decisions about the infants' care. As well, controversial topics including the role of the anencephalic donor and the allocation of health care resources were discussed.

A highlight was the presentation by Gregory St. Lawrence, now 16, who weighed one pound, 12 ounces, when he was transferred as a critically ill patient to the MGH Neonatal Intensive Care Unit. He is now an all-A high school student and a computer whiz.

The conference opened with welcomes from Dr. Donald N. Medearis, Chief of the Children's Service, and Dr. J. Robert Buchanan, General Director. Dr. Ruth B. Purtilo, Henry Knox Sherrill

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Dr. Ruth B. Purtilo moderates the panel discussion entitled "Making Clinical Decisions; Contributions of Ethical, Religious, and Legal Thought." Panel participants from left to right are Dr. Ruth Macklin, Professor of Bioethics, Albert Einstein College of Medicine, George Annas, J.D., Professor of Health Law, Boston University, Rabbi Joseph Polak, Director of Boston University's Hillel Foundation, and Dr. Ernie Young, Senior Lecturer in Medical Ethics, Stanford University.

Impressions

from page 1

It's a world renowned hospital and teaching facility. And I guess that at first I felt a little bit apprehensive."

When asked why he came to the MGH, Mr. Anzivino responds emphatically, "Opportunity!

"I've learned more than I thought possible in six months. This is doing me as much good as being in a full-time graduate program, if not more. It's like having a bunch of PhDs and MDs around constantly as personal tutors," he says.

Mr. Anzivino especially likes his work environment which he compares favorably to the "caves" most graduate students are forced to work in. "The facilities are amazing. I would never have the things at my disposal that I do in this lab. This may be good because I have learned on the most up-to-date equipment. This may be bad because when I move on from here, I clearly will be in an inferior setting. I am spoiled at this point."

Taunie Klick is a registered nurse who has worked in the Transplant Unit for four months. She had previously worked for six months on Baker 6.

To Ms. Klick the hospital seemed overwhelming. But she says, "Despite the size of the hospital I still feel part of a team.

"When I first moved to Massachusetts, I lived on the Cape. The MGH was one of three hospitals I interviewed at. And again despite its size and the craziness of it all, there is a good comraderie and team work among the people here.

"I also came because of the wealth of information here. Everyday you can learn something because this hospital is so deep in

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"Working in the Transplant Unit is exciting and unique," says Taunie Klick, RN.

What's happening

Mega Millions

The General Store has expanded its service to include the sale of Massachusetts State Lottery tickets. One-dollar Instant Game tickets are currently available, and very shortly a computer terminal will be installed to sell Mass Millions, Megabucks, and Daily Numbers Game tickets. In the tradition of the Ladies Visiting Committee all proceeds from the sale of lottery tickets will go to the hospital to be used for patient care.

Research study needs volunteers

Women with a history of depression but not currently depressed are needed for a study at the MGH. All volunteers must be 18 to 40 years old, menstruating regularly, taking no medications (including birth control pills), and in good health. The study pays $200, and results will be reviewed with each participant. For more information call Dr. Stephanie Jofe or Tiffany Chamberlain at 726-5385.

Fall blossoms

Check the latest fall displays at the Flower Shop. Halloween containers are available, and now is the time to place your orders for Thanksgiving centerpieces. Shop early for the best selection.

Ethics

from page 2

Professor of Medical Ethics at the MGH Institute of Health Professions, and Dr. I. David Todres, Director of the MGH Neonatal and Pediatric Intensive Care Units, were codirectors. More than 200 people attended the conference.

Impressions

from page 2

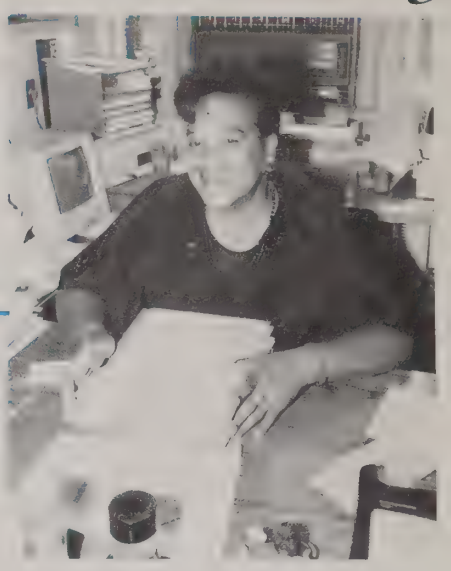
the teaching tradition, and there are so many resources to pull from. You know if someone on your unit doesn't have the answer, you can sure find the answer within these walls."

Josephine Bartie, Executive Secretary in the Biomedical Engineering department, came to the MGH after 17 years at MIT. Ms. Bartie wanted a position that would afford her more responsibility, and more challenge, but she felt apprehensive about making a change.

"My first impression was that there was a lot going on here. You hear all of these terms, the SICU, and the PICU; I had no idea what they meant. At first none of it was really sinking in. But then when I got a chance to go around and see everything, it all fell into place.

"I did the usual things like getting lost on the way to the mail room, but people would smile and help. There was a certain friendliness here that was part of the atmosphere. You could feel it.

"It seems like I've been here much longer than six months," says Ms. Bartie. "It's a feeling of getting here, and fitting right in."

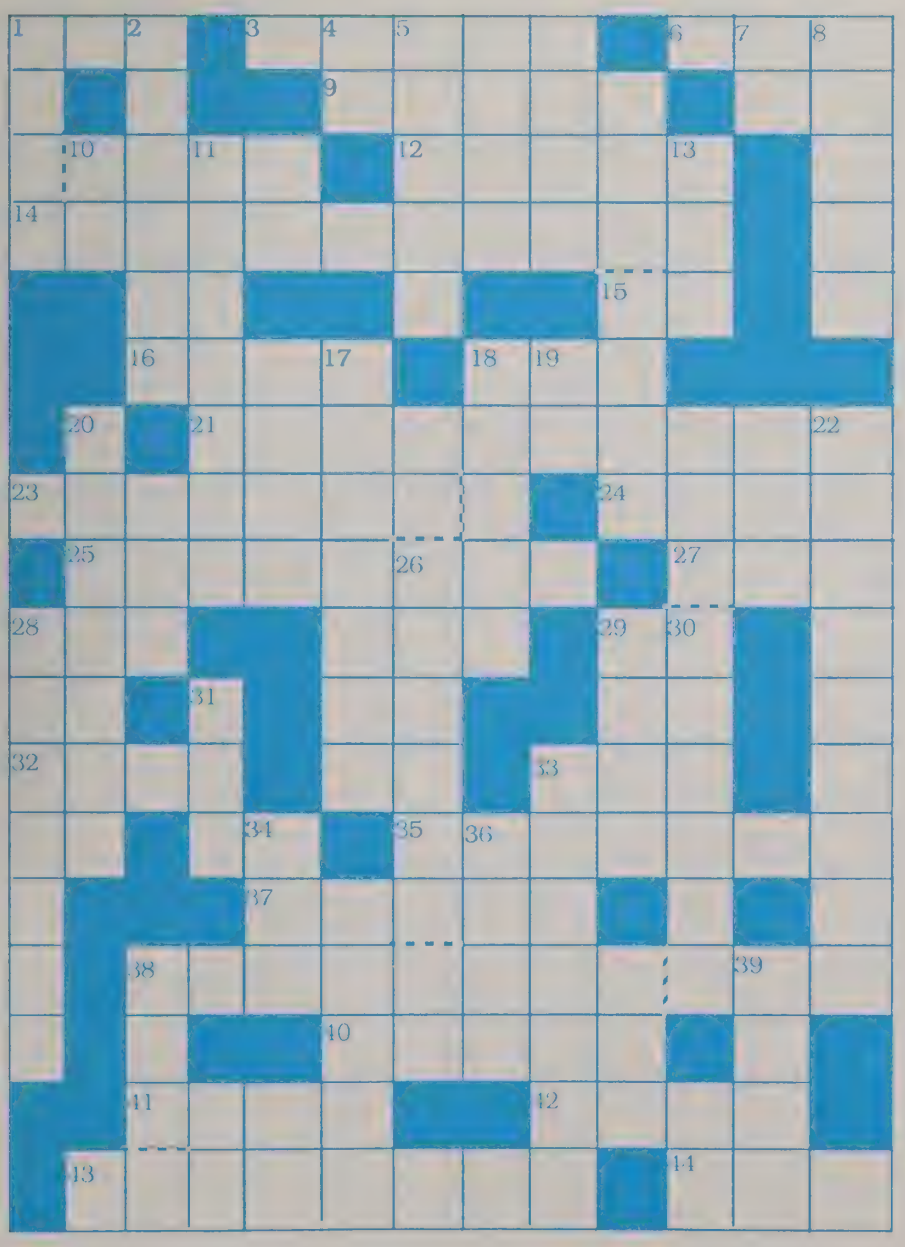


Josephine Bartie looks forward to opportunities for growth at the MGH.

Newcomers to the MGH community may not feel at first that they fit right in. But judging from these employees' experiences, it won't take long. And for my part, I can assure you that though the hospital seems immense, it shrinks with time.

—Kennetha Bigham

Crossword



Across

1. World Health Organization (abbreviation)
3. Lady V.I.P.
6. Look for one on Bulfinch 2
9. Willing to give
10. Acquired Immune Deficiency Syndrome
12. Father of American Cardiology
14. Bad milkshake makes you photogenic (two words)
16. Plant embryo
21. Ether
23. A caring (seven letters) dept.
24. They work together
25. Wilhelm discovered the X ray
27. Experimental place
28. Third oldest civilian general hospital in the U.S.
32. Sees to the bone
35. Fear, joy, sadness
37. Light amplification of stimulated emission of radiation
38. Our first building (eight letters)
40. An instruction
41. Bulfinch crown
42. Mummy dearest
43. Holds the seams
44. Dementia tremors (abbreviation)

Down

1. Uterus
2. Egyptian god of the underworld (see Hotline 4/7/88)
4. Freudian unconscious
5. New building
7. Operating room
8. The body's red wagon for oxygen
11. Illness
13.
15. Weight reduction plan
17. William Morton was one
18. Was the first to kill the pain
19. Blood factor named for the Rhesus monkey
20. Operation
22. Gives a fast ride to the EW
26. There is a shortage of these "on hand" (six letters)
28. Upper jaw bone
29. Pronto
30. Hippocratic oath/moral standards
31.
33. Pincers
34. Sick
36. Repair
38. You may find a patient in one
39. The "U" in PICU

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Martin S. Bander, *Director of News and Public Affairs*

Kennetha J. Bigham, *Editor*

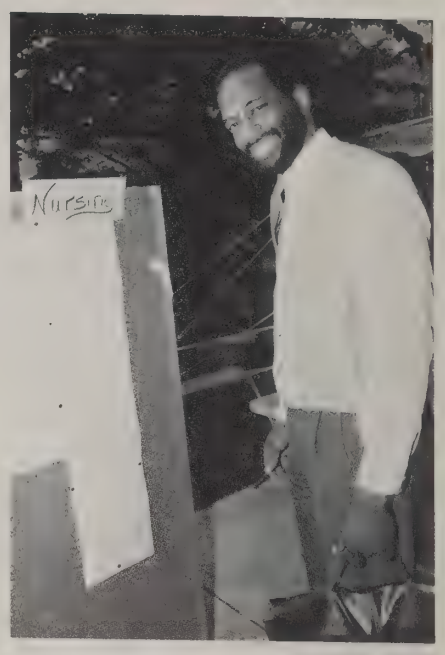
Doris G. Schreckengaust, *Copy Editor*

Photos processed by MGH Photo Lab

It was a fair September

September saw a bonanza of fairs. The first, coordinated by the Department of Training and Development, featured information on a smorgasbord of training opportunities for MGH employees, ranging from ESL and Spanish courses, to aerobics and team building workshops. Klara Sztucinski, Manager of Training and Development, estimates that up to 1,000 employees attended the training fair. "We want to put employees in the best possible position to make the next step," she says. "This institution has an infinite number of possibilities."

The career fair, sponsored by Human Resources, was the most ambitious yet. Kathy Rice, Assistant Director of Human Resources, says the fair drew more than 500 members of the public and many MGH employees. Representatives from MGH departments were on hand to discuss job opportunities and interview applicants. As well, representatives from area colleges and job training centers answered questions about training for a health care career. It was wonderful and a lot of fun. This year's attendees were of very high caliber, and we are optimistic that we will be able to make a significant number of job offers," says Ms. Rice.



MGH HOTLINE

20 October 1988

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Institute hosts first Town Meeting

Expanding the degree programs at the MGH Institute of Health Professions (IHP) dominated the organization's historic first town meeting last month. Patrick E. McCarthy, President of the Institute, addressed questions about baccalaureate, doctoral, and continuing education programs. Members of the MGH and IHP community crowded the Wellman Conference Room to participate.

Helen Gilbert, a member of the Institute's Board of Trustees, raised the issue of shortages of some health care providers such as nurses and physical therapists. She asked if the Institute could help alleviate the problem through more baccalaureate programs.

"Most of the people interested in supporting the IHP are worried about the nursing shortage and the shortage of physical therapists throughout the MGH," she said. "I feel that this is almost more important than anything else."

In response to questions about the nursing shortage and the nursing program at the Institute, Mr. McCarthy referred to the work of the Nursing Task Force. "Many of the questions that have just been raised are being looked at by the Nursing Task Force from the point of view of nursing in the hospital, in the Institute, and in the future of the profession," he said.

Kathy Rice, Assistant Director of Human Resources, commented on MGH efforts to offer employees educational opportunities like the adult diploma program and cooperative programs with junior colleges. The Institute, Ms. Rice suggested, might be the next step for some of these employees.

Broadening the interdisciplinary scope of Institute programs was also a major topic. The Institute of Health Professions has the authority to grant master's degrees in nursing, dietetics, physical therapy, and speech pathology, and bachelor's degrees for radiology

continued on page 4

Patrick E. McCarthy, President of the MGH Institute of Health Professions, answered questions from the audience at the Institute's first town meeting held in the Wellman conference room last month. Look in the next Hotline for the story about the MGH Town Meeting recently conducted by Dr. Buchanan. The story is not included in this issue because the meeting occurred at deadline.

Agencies highlight United Way mission

For the next three weeks, 22 United Way funded agencies will visit the hospital to talk with MGHers about the services and programs they provide. This is just a small sample of the 198 organizations funded by the United Way that help more than 1.7 million people in eastern Massachusetts. They come to the hospital as part of the United Way fund-raising campaign. Their work is important. Here are some reasons why.

Mrs. R. is a 64-year-old woman with stomach cancer. Following her diagnosis, doctors moved quickly to devise a plan which would inhibit progression of the disease. Mrs. R. did not want to stay in the hospital; she wanted to be home where the surroundings would be familiar and comfortable. She couldn't wait for the day when she could sleep in her own bed again. A home care regimen was designed and implemented by the Visiting Nurse Association (VNA). The VNA, a United Way funded agency, provides services at home that were once only available in the hospital.

Mrs. R. must receive a daily feeding of Hyperal, a liquid food containing nutrients, vitamins, and electrolytes. A registered VNA nurse connects Mrs. R. to the Hyperal every night so that it can infuse while she is sleeping.

Nearly 15% of the local population will be over age 65 by 1990. And 80% of those over age 65 have a chronic disease. The United Way of Massachusetts Bay allocated $1.7 million in 1988 to 20 Visiting Nurse Associations so that elderly citizens could receive critical at-home health care.

Paul moved to South Boston with his mother and older brothers and sisters when he was six years old. He had no friends and was very shy. One day after school his mother took him down the street to the South Boston Clubhouse of the Boys and Girls Clubs of Boston and signed him up.

"I first learned how to swim at the club when I was nine, and now I compete on my high school team in the butterfly and breast stroke divisions," he says. Paul says the club beats hanging out on the corner like some of the other kids do. "Going to the club gives me

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Inside

Ether Day Awards
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Solution to crossword
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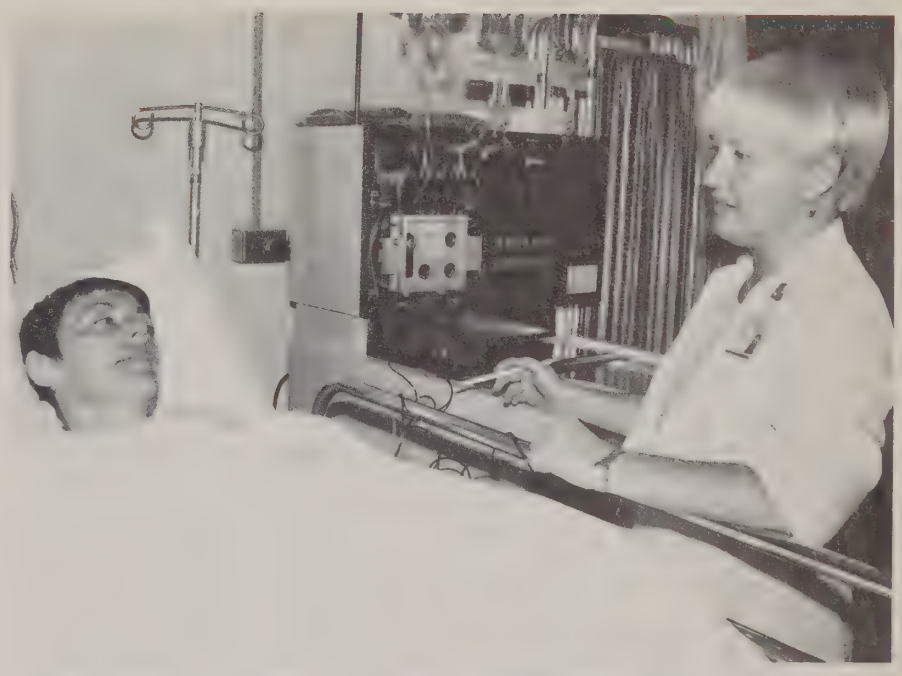
A lifetime of giving



Jennie Bering, a nurse in the Blood Transfusion Service, gives her 100th blood donation. Gail Fennessy, LPN, (right) is the nurse doing the procedure.

Ms. Bering has been giving blood regularly since she came to the MGH in 1969. Here she undergoes platelet pheresis, a process which separates platelets from the blood and returns the remaining blood components to the donor's body.

With the advent of blood separation techniques, donors are able to give specific blood components as needed. The procedure can separate components such as platelets which help control bleeding, or white blood cells, which fight infection.

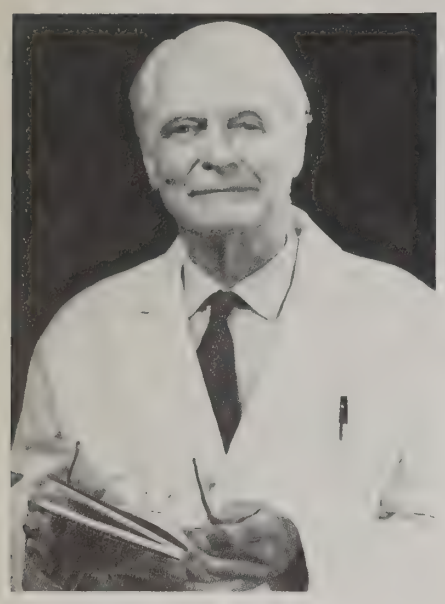
The platelet pheresis procedure takes about three hours and allows one donor to provide 10 or more units of platelets in a single donation. Rita Flaherty, Community Liaison Officer for the Blood Transfusion Service, says that platelet donors are always needed. "It's the satisfaction of helping others with cancer or rare blood diseases like leukemia that makes platelet donation worthwhile," she said. "This is a life-supporting procedure."

SERVICE PIN AWARDS — 1988

In recognition of service

FOR SIXTY YEARS

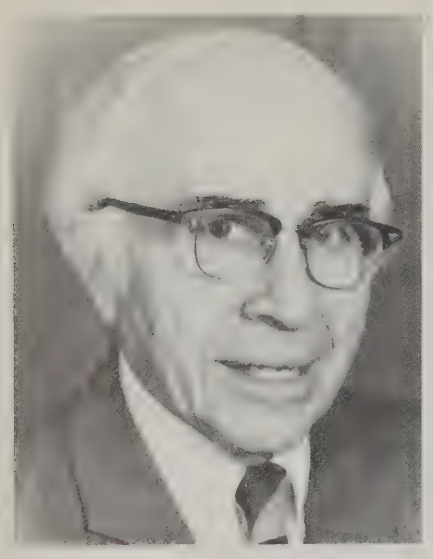
Oliver Cope, M.D., *Surgery*



Dr. Oliver Cope, has seen a lot at the MGH in his many years here. At the Ether Day Service Pin ceremony last week, he was recognized for a record 60 years of service to the hospital. Dr. Cope is presently Senior Consultant (Surgery) at the MGH and Professor of Surgery Emeritus at Harvard Medical School.

FOR FIFTY YEARS

Irvin A. Blank, Ph.D., *Dermatology*



Dr. Irvin H. Blank was honored at the Ether Day ceremony for 50 years of service to the hospital. Dr. Blank is an Associate Biochemist in Dermatology at the MGH and Assistant Professor of Dermatology Retired at Harvard Medical School.

FOR FORTY YEARS

Mattie J. Cannon, *Clinical Administration*
Anne F. Godley, M.D., *Medicine*
Jerome Gross, M.D., *Medicine*
Edward A. Mason, M.D., *Psychiatry*
John E. McSweeney, *Central Accounting*
John J. Mendes, Central Accounting
Vincent P. Perlo, M.D., *Neurology*
Natalie Petzold, *Institute of Health Professions*
Paul S. Russell, M.D., *Surgery*
John D. Stoeckle, M.D., *Medicine*
Rosa J. Whyte, *Environmental Services*

FOR THIRTY YEARS

Percy G. Banks, *Central Supply*
Mortimer J. Buckley, M.D., *Surgery*
Willard M. Daggett, M.D., *Surgery*
Gilbert G. Gaff, *Medical Records*
James J. Giglio, *Maintenance*
Herbert A. Haessler, M.D., *Pediatrics*
Helen M. Herzan, M.D., *Psychiatry*
George A. Jacoby, Jr., M.D., *Medicine*
Gertrude L. Kalnins, *Blood Transfusion Service*
Diana L. Laughlin, *Dietetics*
Joseph Lynskey, *Medical Records*
Carol S. Milbury, *Blood Transfusion Service*
Anthony S. Patton, M.D., *Surgery*
Jordan S. Ruboy, M.D., *Pediatrics*
Robert H. Schapiro, M.D., *Medicine*
William E. Strole, Jr., M.D., *Medicine*
Thelma D. Talbot, *Nursing*
Sarita G. Walzer, M.D., *Anesthesia*
Florence R. Willis, *Radiology*
Gerald F. Winkler, M.D., *Neurology*
Edwin T. Wyman, Jr., M.D., *Orthopaedics*

FOR TWENTY YEARS

Eric A. Ablorh, *Radiology*
William H. Anderson, M.D., *Psychiatry*
Concetta C. Aufiero, *Clinical Administration*
Francisco Avila, *Environmental Services*
Martin S. Bander, *News & Public Affairs*
Theodore A. Barkas, *Maintenance*
Sandra E. Basmajian, *Nursing*
Vera M. Batson, *Radiology*
Daphne H. Beckford, *Nursing*
Williams A. Bennett, *Environmental Services*
Ronald R. Benz, M.D., *Pediatrics*
Edward Blackner, Ph.D., *Psychiatry*
Herbert Boerstling, M.D., *Pediatrics*
Mary A. Boyle, Radiation *Medicine*
Gary B. Butler, *Maintenance*
Virginia M. Butler, *Nursing*
Jane B. Calhoun, *Social Service*
Marion O. Cameron, *Clinical Computer Center*
Felix M. Carbonel, *Central Supply*
John J. Carey, *Security*
Margaret M. Carey, *Nursing*
Barbara A. Carter, *Nursing*
Katie Carter, *Nursing*
Mary M. Carty, *Nursing*
Aileen G. Castillo, *Environmental Services*
David A. Catalano, *Charlestown*
Catharine M. Chase, *Surgical Research*
Robert B. Colvin, M.D., *Pathology*
Elizabeth H. Cranska, *Social Service*
Donna J. Creamer, *Medicine*
Francis A. Creighton, *Environmental Services*
Robert P. Crivello, *Photography*
Annie M. Crowley, *Credit & Collection*
William F. Crowley, M.D., *Medicine*
George C. Cutler, *Transport Service*
Ruth A. DiBlasi, *Thyroid*
Domenic N. DiSalvo, *Maintenance*
Mary T. Dickie, *Administration*
Stanley E. Dickie, *Clinical Administration*
Pauline A. Donahue, *Nursing*
Edward J. Duggan, *Clinical Administration*
Helen Dunbar, *Dietetics*
Thomas S. Durant, M.D., *Assistant General Director*
Mary E. Efferen, *Fernald School*
Carola B. Eisenberg, M.D., *Psychiatry*
Victoria A. Fay, *Radiology*
Gail L. Fennessy, *Blood Transfusion Service*
Barbara A. Ferranti, *Ambulatory Care Admitting*
Geraldine A. Ferretti, *Nursing*
Julia A. Forde, *Nursing*
Veetlyn E. Forde-Glasgow, *Personnel*
Dorothy Franklin, *Clinical Administration*
Cynthia M. Garcia, *Radiology*
Robert E. Gately, *Radiology*
Virgilio L. Gobbi, *Facilities Engineering*
Clovina Goodman, *Ambulatory Care Nursing*
Max L. Goodman, M.D., *Pathology*
James Green, *Computer Center*
Barbara A. Grzybek, *Medical Oncology*
Thomas A. Hackman, *Admitting*
Judith C. Hall, *Utilization Management*
Olin F. Heath, *Accounting*
Maria F. Hernandez, *O.R. Administration*
John T. Herrin, M.B.B.S., *Pediatrics*
Susan M. Hildreth, *Neurophysiology Lab*
Emma Howell, *Nursing*
Janice B. Hoy, *Hematology*
Patricia A. Hurst, *Nursing*
Almaida Hutchinson, *Clinical Administration*
Adolph M. Hutter, Jr., M.D., *Medicine*
Joanne M. Hyde, *Nursing*
Earl Jackson, *Infectious Disease*
Gary Jacobson, M.D., *Psychiatry*
Nancy M. Jenner, *Blood Transfusion Service*
Hazel H. Joseph, *Admitting*
Leone Joseph, *Environmental Services*
Patricia Kelleher, *Surgical Research*
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Marian Kilpatrick, *Nursing*
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Aaron Lazare, M.D., *Psychiatry*
Judith A. Lenz, *Nursing*
Barry W. Levine, M.D., *Medicine*
Bernard S. Levy, M.D., *Psychiatry*
Keyes B. Linsley, *Carbohydrate Research*
Barbara D. Lowe, *Radiology*
Kathleen Manzi, *Credit & Collection*
Eugene J. Mark, M.D., *Pathology*
Robert C. Marshall, *Maintenance*
William N. Marsters, *Clinical Administration*
E. M. McDonald, *Ambulatory Care Nursing*
Margaret A. McDougall, *Nursing*
Joseph T. McGrath, *Clinical Administration*
Jeannette M. McWilliams, *Chelsea Health Center*
Shirley M. Mitchell, *Dietetics*
Elaine Montgomery, *Nursing*
Crystal I. Moore, *Psychiatric Ambulatory Care*
Marlene D. Moraldo, *Nursing*
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Carole A. Nania, *Ambulatory Care Nursing*
Othilia P. Nelson, *Utilization Management*
Joan M. O'Connor, *Nursing*
Judith O'Connor, *Nursing*
Alice M. Padgett, *Dietetics*
Concezio Palmieri, *Environmental Services*
Dolores A. Palumbo, *Rehabilitation*
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Irene Pavles, *Nursing*
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Alma M. Robinson, *Environmental Services*
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Marilyn C. Schwartz, *Social Service*
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Lorraine Sutton, *Infectious Disease*
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Faustina L. Villaroel, *Computer Center*
Mary A. Waldron, *Infectious Disease*
Susan K. Wasak, *Admitting*
Diane M. Wathen, *Pathology*
Mary C. Weekes, *Medical Records*
Bernice E. Weeks, *Nursing*
Joan G. Wharton, *Central Supply*
Jonathan Wilson, *Dietetics*
Orrin Wood, *Treasurer's Office*
J. Willian Worden, Ph.D., *Psychiatry*
Beverley H. Zellner, *Blood Transfusion Service*
Rita D. Zielstorff, *Lab of Computer Science*

FOR TEN YEARS

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Dolores A. Altavilla, *Neurology*
Susan S. Altshuler, *Lab of Computer Science*
Sarabelle M. Annenberg, *Medicine*
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Debra A. Arillotta, *Medical Art*
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Diane M. Cataloni, *Blood Transfusion Service*
Maryann Cenower, *Nursing*
Margaret A. Cerasuolo, *Professional Billing Office*
Paul J. Chase, *Radiation Medicine*
Deborah K. Cherry, *Clinical Administration*
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Sylvia Cybuch, *Social Service*
Bibiane J. Dacunha, *Professional Billing Office*
Catherine A. Dapolito, *ACC Building Management*
Geraldine M. Davis, *Environmental Services*
Crescenzo Deangelis, *Dietetics*
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Kathryn P. Degenova, *Nursing*
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Linda Deorio, *Nursing*
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Marilyn A. Difonzo, *Computer Center*
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Donna M. Donnelly, *Clinical Administration*
Samuel H. Doppelt, M.D., *Orthopaedics*
Claire R. Doran, *Credit & Collections*
Maura A. Driscoll, *Radiology*
Diane M. Duane, *Pathology*
Wilner Dubuisson, *Environmental Services*
Maryellen Duggan, *Nursing*
Lindsey Ellis Majeskey, *Nursing*
Joanne H. Empoliti, *Nursing*
Susan A. English, *Neurophysiology Lab*
Deborah W. Essig, *Social Service*
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Mari E. Frauenheim, *Ambulatory Care Nursing*
Julie M. Freedman, *Ambulatory Care Nursing*
Rebecca M. Frost Carney, *Administration*
Maureen G. Garron, *Children's Medical Research*
Kathleen Garvin, *Nursing*
Mark C. Gebhardt, M.D., *Orthopaedics*
Wendy S. Gershlak, *Hematology*
Geraldine Gibbs, *Renal Unit*
Paula M. Giovinazzo, *Nursing*
Patricia R. Gorham, *Nursing*
Annette Gray-Raines, *Clinical Administration*
Donna B. Greenberg, M.D., *Psychiatry*
Elizabeth A. Greene, *Nursing*
Mafilda Guppy, *Phlebotomy Service*
Marilyn Gwinn, *Nursing*
Shelah A. Hall, *Central Supply*
Joseph J. Hallett, M.D., *Pediatrics*
Carol A. Halpin, *Planning Office*
Mozell Hankerson, *Dietetics*
Catherine M. Hannigan, *Nursing*
Kristin M. Hansen, *Diabetes Unit*
Nancy L. Harris, M.D., *Pathology*
Daniel M. Hart, *Computer Center*
Kenrick R. Harvey, *Dietetics*
Ellen J. Hellenberg, *Medical Clinics Complex*
Nancy J. Henshaw, *Nursing*
John C. Hergenrother, *Radiology*
Eulawn Y. Heron, *Clinical Administration*

David B. Herzog, M.D., *Psychiatry*
Sandra M. Hession, *Gastrointestinal Lab*
Marie H. Hibbett, *Radiology*
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Carolyn C. Hintlian, *Cardiac Rehabilitation*
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FOR FIVE YEARS

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Look for "Behind the Scenes at Ether Day" in the next Hotline.

United Way

from page 1

security and the hope to accomplish what I want to do in life."

The United Way has provided $7 million to 150 agencies that serve teens and has increased funding to agencies like the Y's, Boys and Girls Clubs, and Scouts which provide services such as high school equivalency classes and drug and alcohol abuse prevention.

Susan is a 19-year old mother of 2-year old twins. Susan was 16 when she became pregnant. She never graduated and has no job skills. She is lonely and overwhelmed and sleeps a lot. Frequently, the children climb out of their cribs and have accidents.

The Parent-Aide Program trains compassionate volunteers and matches them with parents identified as high risk for abuse and neglect. Susan's Parent-Aide comes into her home twice a week. She has helped Susan get funds for a baby-sitter so that she can go to night school and has also helped her find day care so that she will be free to find a job. She shares with Susan her own child-raising experiences.

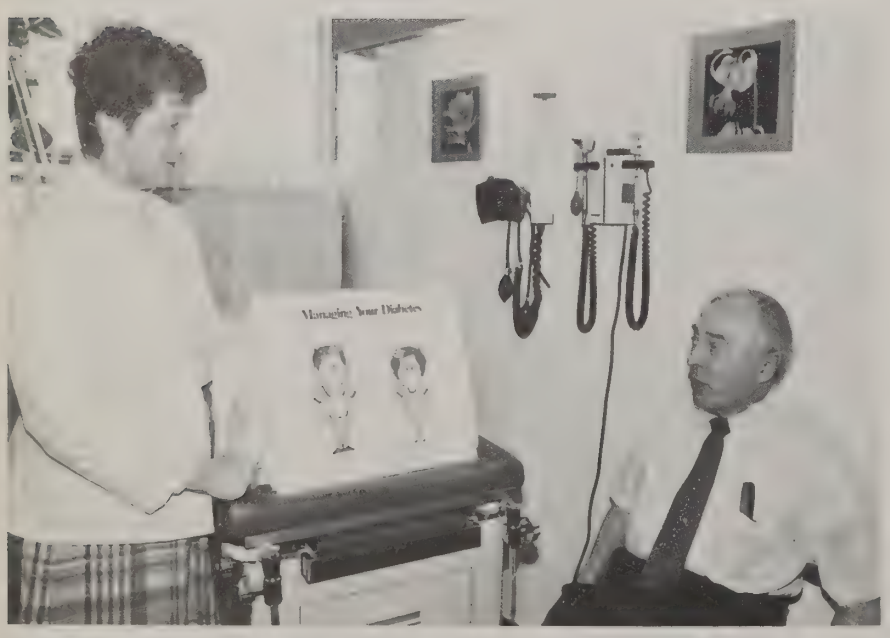
Between 1981 and 1987, teens in Massachusetts gave birth to 52 thousand babies. Poverty will trap 90% of those unwed mothers who do not finish school. The United Way helps with funding for educative programs for teens, programs that provide affordable day care services, and programs that teach job skills.

And this year giving to the United Way helps right here at home! Last year MGH employees contributed over $100,000 to the United Way fund-raising effort. Increase that by just 10% this year, and 25% of the additional funds go to our own Social Service Department to assist families in need. Exceed that ten percent, and MGH patients will benefit from 75% of the excess funds.

Only 15 cents of every dollar donated to the United Way goes to administrative and fund-raising costs. But if you want to find out first-hand where your money goes, come meet the representatives from the agencies that respond to people in need every day.

Agency representatives visit the hospital from 11:00 a.m. - 2:00 p.m. on the following dates:

10/20	Associated Day Care Services	WACC
10/25	Salvation Army	White Cafeteria
10/25	Roxbury Multi-Service Center	WACC
10/26	American Red Cross	WACC
10/26	Elizabeth Stone House	White Cafeteria
10/27	Greater Boston Legal Services	WACC
10/27	Somerville Unit	White Cafeteria
11/1	Boston Food Bank	WACC
11/1	Traveller's Aid Society	White Cafeteria
11/2	League Haitian Families	WACC
11/2	American Cancer Society	White Cafeteria
11/3	Medical Foundation (supports research in all areas of health and medicine. Provides community education programs.)	WACC



Here Aina Apse, nurse practitioner at the Chelsea Health Center, teaches patient Walter Kalinick how to manage diabetes. Diabetes afflicts 12 million Americans—5% of the population. Diabetics are at risk for heart disease and can suffer visual or neurological damage. The United Way funds agencies that provide education for diabetics and detection programs for the general public.

Town Meeting

from page 1

technicians, and respiratory therapists. The Institute is a fully accredited graduate school affiliated with the MGH and currently offers master's degree programs in nursing, dietetics, and physical therapy.

"The interdisciplinary flavor of the Institute is one of its most important characteristics," commented Mr. McCarthy. "It's one that gives promise to the possibilities offered by our proximity to the hospital. One of the great things about being this close to a respected teaching hospital is that there are rich opportunities for interdisciplinary teaching, learning, and research."

Questions about restoring a Master's of Social Work degree program, adding continuing education courses for laboratorians, initiating colloquia on public health issues, and interacting with other professional organizations by sponsoring conferences were also addressed.

Mr. McCarthy said that as the Institute matures plans for the future must consider the Institute's relationship with the hospital and the health care community. "We are almost like teen-agers in the Institute," he said. (The Institute of Health Professions was founded eleven years ago.) "And it's time we thought about what it's going to be like when we grow up. So we've engaged in a process of planning and discovery which has enhanced our reaching out to the hospital."

Mr. McCarthy stressed the mission of the Institute as convener—a mission which has recently seen fruition through the ethics conference coordinated by Dr. Ruth B. Purtilo, Director of the Institute's Program on Ethics. As well Mr. McCarthy emphasized the importance of doing more minority and foreign student recruiting.

President McCarthy took the opportunity of the town meeting to update attendees on the status of the Institute. "We'd like to tell you that as of today we're in good shape. We are fully enrolled; we have a balanced budget; we have an elightened and outstanding faculty; and we have a student body that I am very proud to be associated with," he said.

The town meeting ended with a suggestion from E. Lorraine Baugh, Chairperson of the Institute's Board of Trustees, that an appropriate theme for the meeting would be partners in health care. Ms. Baugh encouraged better communications and collaboration between the Institute and the hospital, and everyone involved with health care. "I would suggest," she said, "that if we need a starting place, we start here."

Ether Day

from page 3

Sandra L. Sumner, *Institute of Health Professions*
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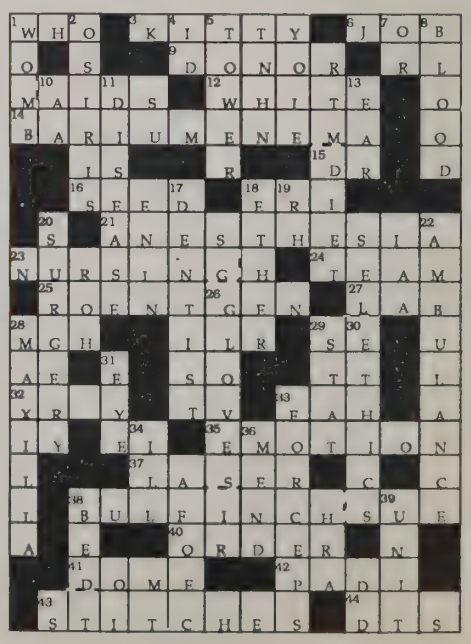
Crossword

This is the solution to the crossword puzzle printed in the last issue.



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Bartlett 9, Extension 2206

Fiscal issues focus of Town Meeting

Dr. J. Robert Buchanan opened last month's Town Meeting with assurances about job security at the hospital, but expessing concern that if the MGH does not increase admissions, there might be layoffs in the future. The crux of the problem is that due to the new universal health insurance law, the financial health of a hospital partially depends upon the institution's ability to serve more patients.

"In fiscal year '88 we had fewer admissions than in '87, fewer patient days, and the average length of stay went up," he pointed out. "We had more people on the payroll in fiscal year '88 than in '87. And indeed we did our best to provide a wage and salary increase package that we thought was appropriate, even though we're projecting a deficit in our operations."

The increase in staffing is in preparation for handling the increase in admissions the hospital must achieve. However, Dr. Buchanan cautioned that "failure to increase admissions would result in a need for reductions 12 months from now."

"We projected in our budget this year, an increase in admissions of about 6%. That means that everybody's going to have to put their shoulders to the wheel," he said.

Dr. Buchanan told of hearing of a patient being turned away when a bed was available. "That should never happen," he said. "It is inexcusable to me as a physician to turn a patient away when we have the capacity to treat that patient."

Dr. Buchanan said that we are "on the line to perform," and called for MGH employees to

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Dr. Buchanan addressed an attentive crowd at last month's Town Meeting.

Behind the scenes at Ether Day

Last month the hospital celebrated Ether Day by recognizing employees with five or more years of service. On Ether Day in 1921, at the One Hundredth Anniversary of the hospital's opening, eminent surgeon Dr. Harvey Cushing spoke of all of the people who make the MGH foremost in patient care. "In the development of this quality countless people....have contributed," he said—from "....those whose professional skill has brought physical well being to the maimed and

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Photographers Theresa Cherry and Paul Batista snapped the shots. This year photographer Bob Crivello (seated) traded his camera for a carnation and a 20 year pin.

Dr. Cope honored for record service

Dr. Oliver Cope, one of the hospital's most long-term employees, was honored at the Ether Day Service Pin Award ceremony for sixty years of service to the MGH. His illustrious career is characterized by surgical innovation, dedication to his patients, and challenges to accepted medical practice.

A former acting Chief of Surgery at the MGH, who now consults for the department, and Professor of Surgery Emeritus at Harvard Medical School, Dr. Cope is acclaimed throughout the world for his work on endocrine malfunctions and thermal burns.

Dr. Cope developed the first effective treatment for hyperparathyroidism (a European team had without his knowledge developed the same surgical treatment earlier), a disease of the endocrine system that causes a loss of calcium from the bones.

Although essentially an endocrine surgeon, Dr. Cope was equally well known for his work in caring for victims of the Cocoanut Grove fire in 1942. One year earlier, under a National Research Council grant, Dr. Cope had pioneered an improved method of treatment for burn patients. When the fire swept the Boston nightclub, the MGH was ready.

The government's interest in burns stemmed from the injuries suffered by American servicemen and civilians at Pearl Harbor. Shortly after the Cocoanut Grove fire, the National Research Council recommended adoption of the protocol devised by Dr. Cope's group. The surgeon has made significant contributions to the study of thermal burns, and played an important role in bringing the Shriners Burns Institute to Boston. He was

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Dr. F. Sargent Cheever (left), former Chairman of the Board of Trustees, joined Drs. Oliver Cope and Irvin Blank (right) at the Ether Day Service Pin ceremony last month. Dr. Cope was honored for 60 years of service to the hospital, and Dr. Blank was awarded a 50-year service pin. Dr. Blank is an Associate Biochemist in Dermatology at the MGH and Assistant Professor of Dermatology Retired at Harvard Medical School.

MGH Institute and the MGH host clinical ethics lecture series

A series of lectures in Clinical Ethics, designed to increase knowledge of the MGH housestaff and others about the issues, will be offered at the MGH throughout the year. The series covers a broad range of topics in the field.

Clinical Ethics is an area of growing concern in health care, and provision of information and an intellectual framework are therefore essential. The series is a part of the larger effort by the hospital to help assure that the many social and ethical issues in health care today be given thorough attention. To this end the Henry Knox Sherrill Professorship in Medical Ethics and Program in Ethics at the MGH Institute of Health Professions was established in 1987.

The free sessions are open to anyone. Speakers will present current thinking on and invite discussion about perplexing ethical problems confronted by physicians and others. Each session is sponsored by one of the clinical patient care services at the MGH and the

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make it possible for more patients wanting to use the MGH to do so.

"If we provide the kind of services our patients want, this nonsense we've been living through in the reimbursement arena will ultimately get straightened out because the people will say to the politicians, we've had enough. Straighten it out."

Another matter addressed at the Town Meeting was the hospital's credit rating. Standard & Poors, the financial institution that determines credit ratings of institutions, has given the MGH an A- credit rating. As a sign of its confidence in the hospital's fiscal health, the agency will maintain the A- rating for the MGH. "I think you should take great comfort in that," commented Dr. Buchanan.

Dr. Buchanan also discussed difficulties with Medicare. The next time hospital employees will march, it won't be on Beacon Hill, but on Capitol Hill he said. He pointed out that Medicare continues to raise expectations of access to services and technology yet does not adequately reimburse for those services.

The General Director urged employees to give thoughtful consideration in November to whether the state should permit the generation of electricity through the use of nuclear power. He mentioned the high costs of utility bills, the shortage of electricty, felt most acutely this summer, and the environmental consequences of burning fossil fuels like coal and oil if nuclear power is not available.

Dr. Buchanan reported that the steel structure of the new inpatient building was up to the 23rd floor and concrete had been poured to the 16th floor. Work is about four weeks ahead of schedule, and the hospital is in for considerable savings if construction continues ahead of schedule. "If we stay on this kind of a schedule, we could save as much as $12 million in interest costs," he noted.

The Capital Campaign has reached $138 million toward a

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Dr. Jerome Gross a biologist in the Lovett Group greets Dr. Oliver Cope at the Ether Day Service Pin Award reception.

Cope

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the first Chief of Staff of the institute.

Since his retirement as a surgeon in 1969, Dr. Cope's primary interest has been the treatment of breast cancer. His 1977 book, The Breast, A Health Guide for Women of All Ages, challenged the once widely held belief that mastectomy was the only way to treat breast cancer.

The surgeon became interested in breast cancer in 1956 when a patient refused to allow doctors to remove her breast. As an alternative treatment, Dr. Cope and other physicians caring for this patient decided to remove the tumor but otherwise leave the breast intact. Surgery was followed by high dosages of radiation. Drug therapy was later added as an adjunct to the breast-saving treatment.

Writing in the HMS alumni Magazine, Dr. Cope said, "I take no credit for this work. It has been the patients who have demanded that their thoughts regarding mutilation be respected by the physician...It has proved hard to convince the male medical profession that a woman's desires should be considered, but our effforts have been strongly supported by women in general. To me personally it has been most interesting because I had not realized how chauvinistic I have been."

Dr. Cope has also done extensive work on the surgical treatment of ulcers and how the lymphatic system relates to surgical practice. He has trained generations of medical students and surgical residents who attest to this effectiveness as a teacher of surgery. Dr. Cope has been abundantly honored during his career. He was awarded an honorary doctoral degree in 1950 by Toulouse University of France and in 1964 received the Distinguished Achievement Award of Modern Medicine.

Ethics

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lecture series is coordinated by the Program in Ethics, Directed by Dr. Ruth Purtilo of the MGH Insititute of Health Professions. Linda Emanuel, MD, PhD, Fellow in the General Internal Medicine Unit at the MGH, is the series coordinator.

The speakers include an extraordinary list of nationally recognized figures such as Dr. Arnold Relman, Editor of the New England Journal of Medicine; Dr. Dennis Thompson, Director of the Program in Ethics and the Professions at Harvard University; Dr. Andrew Bodnar, Assistant Chief of Medicine at the MGH; Dr. Purtilo, Ethicist-in-Residence at the MGH and Sherrill Professor of Ethics at the Institute; Dr. Mitchell Rabkin, President of Beth Israel Hospital, and Dr. William Curran, of Harvard's School of Public Health.

Lectures for November and December include: Terminating Care, November 8, "Do Not Resuscitate" orders, November 10, and Informed Consent, December 13, For more information contact Dr. Purtilo at ext. 3177, or Dr. Emanuel at ext. 8055.

What's happening

The United Way drawing

The grand finale of the United Way campaign will be a breakfast and multiple drawings on Thursday, November 10. In recognition of a successful fund-raising effort, the Department of Dietetics will provide a free breakfast in the General Cafeteria for all MGH employees. Any MGH employee who donates is eligible to participate in the drawing. Prizes include:

- Two Patriots tickets, parking, and on-the-field pre-game attendance with Dr. Bert Zarins on December 4.
- Two Celtics tickets
- One month free parking at the MGH Front Garage
- One Month free parking at the MGH East Garage
- Free lunch voucher for one week to the MGH Cafeterias
- A gift certificate for free housecleaning by Merry Maids of Southboro
- An MGH Aerobic Class Card worth either 10 or 20 classes
- Artwork from the MGH Artwagon
- Two tickets to The Nutcracker
- $25.00 gift certificate to the MGH Gift shop
- A silk flower arrangement from the MGH flower shop
- A Ray Bourque Hockey stick, signed by the Boston Bruins
- A gift certificate for two at one of the following restaurants: Rebecca's, St. Cloud, Harvard Gardens, King & I, Hampshire House
- Two season passes to the Boston Classical Orchestra

Remember that giving to the United Way this year will help the MGH. For the first time, the hospital can benefit from the proceeds of the campaign if we raise more than we did last year. As well, employees can specify whether their contributions go to the United Way in general or to a United Way funded agency of their choice. So don't miss the agency visits next week.

They are:

11/8	Project Hope (provides emergency shelter)	White Building Cafeteria
11/8	Boston Chinese Y.E.S. (Youth Essential Service)	WACC Building Cafeteria
11/9	Women Inc. (residential treatment program for women with substance abuse problems)	White Building Cafeteria
11/9	La Alianza Hispania, (programs and services for Hispanic residents of Roxbury, Dorchester, and Jamaica Plain)	WACC

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What's happening

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Billing Specialists Graduate

The MGH has joined the Raymond Group (the developer and owner of Building 149), and the City of Boston's Neighborhood Jobs Trust in a cooperative venture to help provide jobs for some Charlestown residents.

The program is designed to train Third Party Billing Specialists. Dimock Community Health Center conducted classes at the Bunker Hill Community College in office skills, basic math, and billing. MGH inpatient, outpatient, and professional billing departments provide a training ground for the students.

Kathy Rice, Assistant Director of Human Resources, coordinates the program for the MGH, and Steve Landay, Associate Director of Patient Accounts, helped develop the curriculum. Laura Doyle, Human Resources Assistant, was the on-site facilitator.

A graduation ceremony was recently held for the six Charlestown residents who have participated in the program. Five of the graduates have signed on to work in MGH billing departments.

Adopt a Smoker

The MGH will celebrate the 12th Annual Great American SmokeOut Wednesday and Thursday, November 16-17. The SmokeOut theme, "Adopt a Smoker", encourages nonsmokers to adopt smoker friends and help them quit tobacco for a day, or forever!

If you have a friend you would like to adopt, stop by the WACC Lobby on Wednesday, November 16, between 10:00 a.m. - 4:00 p.m.. Adoption papers, information, and tips on how to help your friend quit the habit will be available. On Thursday, November 17 (official SmokeOut Day), stop by the WACC Lobby or the Gray Lobby to get the facts on smoking and second-hand smoke. Learn why you smoke and how you can quit. Pick up balloons, stickers, and pamphlets. If you're an ex-smoker, come by to sign our **I QUIT** poster to celebrate your freedom from the habit.

Person to Person— MGH cancer support groups

The MGH provides free support groups for cancer patients, their families, and friends. The program, entitled *Person-to-Person: Living with Cancer*, features groups which will meet six consecutive Thursday evenings, 7:00 p.m. - 8:30 p.m., beginning November 3. For more information, to make a referral or to register, call Evelyn Malkin, LICSW, at ext. 8187, Wednesday through Friday.

A graduation ceremony was held at the Navy Yard for six Charlestown residents who completed the Third Party Billing Specialist program. From left to right are Kimberly Davis, Deborah Lynch, Donna Flammini, David Francis, President of the Raymond Group, Paula Gretorex, Patricia Keigney, Kathy Rice, Assistant Director of Human Resources at the MGH, Maria Ortiz, and Kristen J. McCormack, Director of the Mayor's Office of Jobs and Community Services.

Research studies need volunteers

The Reproductive Endocrine Unit has an immediate need for healthy women ages 18-40 years, with regular menstrual cycles and taking no medications, to participate in ongoing research studies. Compensation is available as are opportunities for repeat studies. Call Helen at ext. 5387 for details.

The bowling league wants you!

Get ready for a go at candlepin. Bowling season has begun. The MGH bowling league meets every Thursday from 5:15-7:30 at the Kenmore Bowladrome next to Fenway Park. For information call Ron Baptiste at ext. 2573, or Linda Arini, at ext. 2683.

Credit Union celebrates 50 years

The Credit Union recently kicked off its 50th year anniversary celebration with an open house and drawing. Ivett Foster of the Blood Transfusion Service was the grand prize winner of a color television. And Kevin Senior of the Department of Dietetics won a $50.00 gift certificate. Pictured here are board members Thomas Tierney, Patricia Bowler, and John Donovan.

Celebrating OR Nurses

The MGH will observe Operating Room Nurses Day Sunday, November 6, from 12:00 a.m. - 4:00 p.m.. The purpose of this day is to celebrate and recognize the expertise of nurses in the operating room environment. Festivities will be held in the Cabot Surgical Day Care Unit in the WACC. Call Tony Forgione at ext. 2833 for details.

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Town Meeting

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goal of $169 million by September 30, 1989. And Dr. Buchanan and certain other MGH employees with offices on White 1 will move to the new Physicians Office Building on Cambridge Street. The relocations will make room for a small building between the White Building and the WACC which will accommodate two Magnetic Resonance Imagers and a pre-admission unit. The Magnetic Resonance Imaging (MRI) facility now in the Baker Building will move to this new facility as the Baker Building is removed to make room for the second new inpatient building. As well, MGH administration is working to create a new MRI facility at Building 149 at the Charlestown Navy Yard.

The General Director also announced plans to obtain a new cyclotron which would have the capacity for Positron Emission Tomography (PETT), a diagnostic imaging technique that tells what is going on in the body including biochemical processes and blood flow.

Dr. Buchanan called for community participation in the United Way fund drive this year. For the first time, hospitals will benefit in part from the funds they raise for United Way—if they increase their contributions over last year's target.

On another subject, Fox Hill, the retirement community in Westwood, now has 65% of its units sold. Alterations are being made on parts of the facility to meet a need in the community for larger units. Dr. Buchanan called upon the MGH community to find ways to serve the Fox Hill community. "We need to recognize that an important reason why people are buying units at Fox Hill is the MGH partitipation," he said.

Dr. Buchanan also asked employees to wear their identification badges, and he strongly discouraged unauthorized postings on bulletin boards and in corridors.

About fifty people have sent in questions to "Since You Asked," most of which have been answered by Employee Relations. The General Director agreed with one writer's suggestion that we recognize the generosity of the Wangs by using the appropriate name when referring to the Wang Ambulatory Care Center (WACC).

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The MGH HOTLINE is published twice monthly by the MGH News Office.

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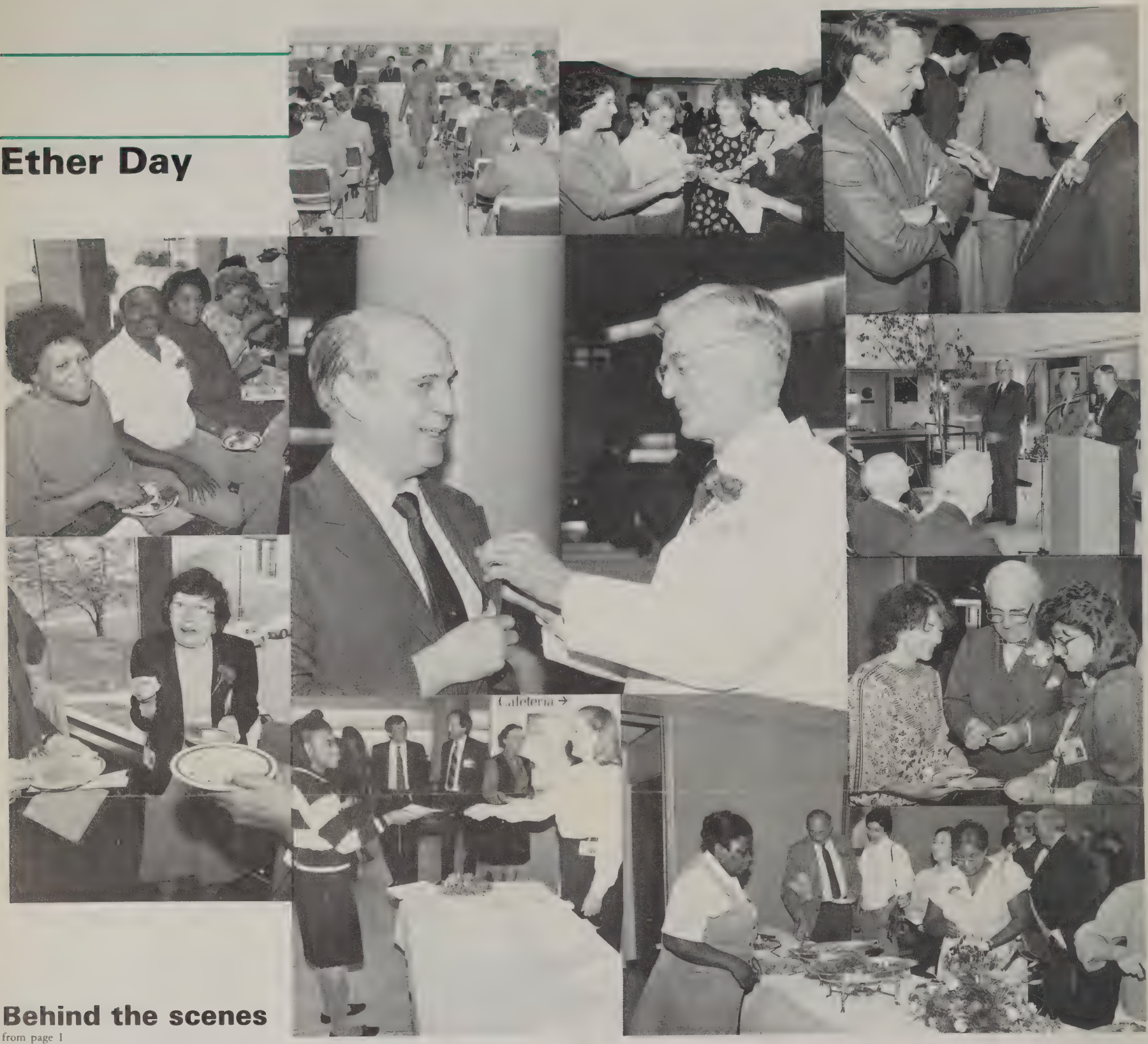
Ether Day



Behind the scenes

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sick...to those who have made the beds, kept the books, answered the phones, cooked the food, done the wash, and stoked the fires."

As Dr. Cushing recognized, there were many hands involved in making this hospital one of the best in the world, and so there are many faces behind the scenes that make Ether Day an annual success.

Marion Dello Russo of Human Resources has coordinated the event for the last eight years. Preparations start as early as six months in advance.

The Computer Center provides Ms. Dello Russo with names of all MGH employees with more than five years of service to the hospital, and the Registrar's office provides information on the physicians. Dr. Buchanan hand signs hundreds of letters and certificates.

The Flower Shop prepares the red carnations which Ether Day honorees wear and the centerpieces for the ceremony and dinner. The Department of Dietetics caters the reception and the dinner, and Environmental Services sets up chairs, tables, and the podium for the ceremony. Maintenance and Security also help out. And the Electric Shop sets up the microphones.

The Print Shop produces the invitations. Shutter bugs in the Photo Lab take photos of employees with more than 20 years of service. The photographs are framed with a certificate and presented to these employees at the dinner. And the plaque presented to employees who have worked for the hospital for 50 years or more come compliments of Mr. George Terzides in Carpentry.

In his speech on that Ether Day in 1921 Dr. Cushing spoke of Ether Day as one of the "crystallized traditions which give an institution its particular individuality." The individuality of this institution is determined by what MGH employees go about doing day to day. But as important to the MGH's special personality is what goes on behind the scenes for one of our most sacred traditions.

What's happening

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Health and Wellness Events for MGH Employees

This month's lunch-time Health & Wellness movie is on cardiovascular health and will be shown on Wednesday, November 16, in Ruth Sleeper Hall, room 080 at noon. Bring your lunch.

The next session of the Employee Health Service's stress reduction program will begin on November 22. The three-session program can teach participants how to turn stress into a positive source of energy. Learn what stress is, why we all need it, how to make it work for you, and how to use relaxation techniques more effectively. Preregistration is required. Call ext. 1625 for details.

Town Meeting

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Dr. Buchanan also discussed pension vesting. Starting next year, employees with only five years at the MGH will be assured of pension when they ultimately retire. Until now it took 10 years of employment to be vested.

In reference to the recent training fair, The General Director urged supervisors to allow their employees to take advantage of growth opportunities. "One of the things that we've really got to be concerned about is the quality of our work force," he said. "Anything we can do as employers to improve the basic skills people bring to their employment, I honestly believe will accrue to our benefit."

Dr. Buchanan also mentioned plans for repaving Fruit Street and negotiations with city and state officials about congestion and safety of streets nearby MGH property.

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Topping off new patient care building

With a flourish, a construction crew topped off the new MGH patient care building last month. The final steel beams finished the frame of the first of two structures to be completed over the next five years. Planned to house fewer than 1,000 beds—a reduction from the 1,081 now available—the resulting complex is designed to set a new standard in the cost-effective use of technology in contemporary American hospitals.

The topped-off building will house about 350 beds on its 24 stories. It is scheduled for completion in the spring of 1990. The second building, a 16-story structure, is scheduled for completion in 1993. The new buildings will tie into renovated facilities in the White and Bigelow buildings which will together house 430 beds in modernized rooms.

Completion of the project will see all MGH patient care areas linked on all floors in a modern, high-technology complex that actually will be cheaper to operate than the facilities it replaces. Many of the patient rooms that had been in use were too small to allow efficient use of the latest medical equipment.

In addition to providing facilities for the most advanced care of patients, the new, 24-story building will enhance the aesthetic appeal of

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The uppermost steel girders of the new patient care facility were put in place last month. Construction lore holds that an evergreen tree and the American flag are good luck omens for the new building and its future inhabitants. Photo by Paul Batista.

Kudos for nurses during infection control week

The White 7 Surgical Nursing Staff took home the prize last month. They were the winners of a contest that judged educational materials such as posters, cartoons, or brochures used to inform MGH employees about Universal Precautions. The contest, sponsored by Infection Control, was the highlight of Infection Control Week.

Tracy Mullan, RN, designed the educational posters which brought the White 7 Surgical Nursing Staff the first place ribbon and a $150 check. Walter Moulaison, RN, is the Head Nurse on White 7.

Many departments throughout the hospital have developed educational materials about the use of Universal Precautions, the mandated guidelines designed to protect health care workers from infection.

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A poster competition was the highlight of Infection Control Week. Tracy Mullan, RN, stood in for the White 7 nursing staff and accepted the first place prize from Dr. Cyrus Hopkins. Ms. Mullan designed the posters which were judged exceptional educational tools about Universal Precautions.

Researchers begin tests on CD4

The MGH has begun patient trials to test the safety of CD4, a drug which may prove effective against the AIDS virus.

Developed by Biogen Inc. of Cambridge, CD4 has been effective in the test tube experiments. It has also been shown to be nontoxic in animals.

The Food and Drug Administration (FDA) has granted Biogen approval to begin patient trials of the experimental drug. AIDS and ARC (AIDS related complex) patients whose immune system is severely affected by the virus will be considered for the initial trials, which are being conducted to test the safety of the drug.

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Gallstone smasher alternative to surgery

Many patients with gallstone disease can now be treated at the MGH without surgery. A gallstone lithotripter, a machine that uses shock waves to crush painful gallstones, was installed at the MGH this summer and has been used to treat patients since then.

These patients are part of a new clinical trial sponsored jointly by the Massachusetts General Hospital and the New England Medical Center (NEMC). Last year, the two Boston teaching hospitals jointly purchased the $1 million Dornier lithotripter made in Germany.

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the MGH campus area. Its glass facade, extra set-back siting from the Charles River, and stepped-back styling of the upper stories has been planned to be visually appealing while minimizing high-rise impact on the riverfront scene.

The new MGH buildings are being financed through donations. For their construction and for other needs of the hospital, a Capital Campaign with a goal of $169 million was launched in 1982. More than $138 million has already been raised toward the target date of September 30, 1989. "This has been the most successful fund-raising effort in MGH history," said Dr. J. Robert Buchanan, but, he added, "to succeed, we must raise an average of more than $1.5 million per month."

Lithotripter

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The first person to undergo the treatment in New England, Brenda Stratemeyer of Nashua, N.H., said of her experience: "It was terrific. I had the procedure on a Wednesday and went home on Friday. I felt so good that I stopped and visited friends on the way home and went to work the next day."

Shock-wave lithotripsy has been successfully used since 1984 to crush kidney stones. The two surgeons supervising the clinical trials, Drs. Ronald A. Malt of the MGH and Randolph B. Reinhold of NEMC, say that for some patients, gallstone lithotripsy holds the promise of replacing the lengthier and more involved process of gallstone surgery. Approximately 440,000 Americans undergo gallbladder surgery yearly.

Currently, the average hospitalization for patients undergoing gallbladder surgery is 8.6 days, while those treated with the lithotripter average two or three days.

"Since little or no medication is needed, I am confident that the Food and Drug Administration (FDA) requirement for hospitalization will be waived, making the hospital stay shorter, perhaps even an ambulatory care admission," said Dr Malt, who is also a Professor of Surgery at Harvard Medical School.

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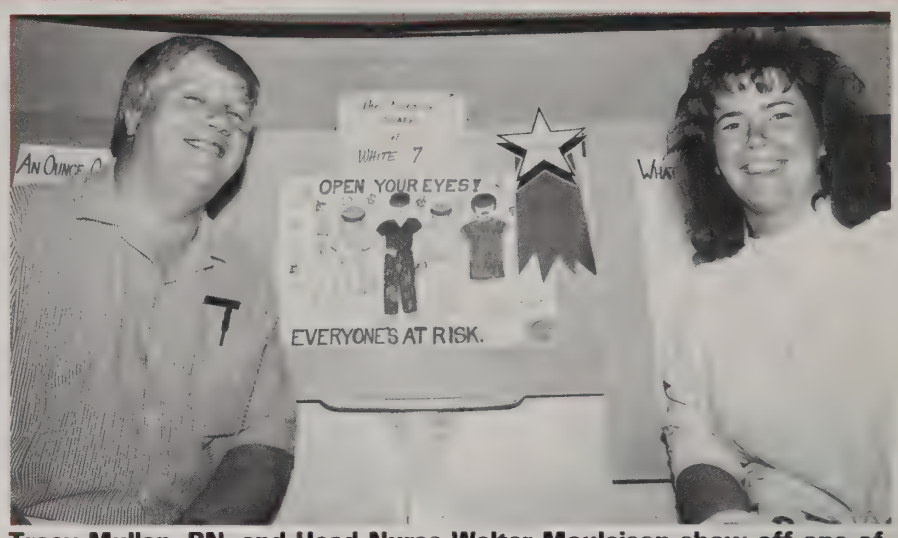

Tracy Mullan, RN, and Head Nurse Walter Moulaison show off one of their winning posters. The White 7 nursing staff won the first place ribbon for the educational materials they developed on Universal Precautions.

Kudos

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Second place went to the Bigelow 13 Nursing Staff, third to the Internal Medicine Associates, and The Bacteriology Lab and Radiology received honorable mention. Others participating in the contest were the Universal Precautions Education Committee/Nursing Staff Development, the O.R. Nursing Service, and nursing staffs from Warren/Baker 11, Phillips 7, and the Pediatric Intensive Care Unit.

The purpose of the competition was to acknowledge units that have provided educational material on Universal Precautions for their staff and to encourage others to do so. Other events for Infection Control Week included an exhibit of bacterial cultures taken from surfaces around the hospital and employees' hands, and films on hand washing.

In general

Julian F. Haynes, Ph.D., former Provost and Professor at the MGH Institute of Health Professions, has been awarded an honorary membership in the American Dietetic Association. This honor recognizes non-dietitians who have furthered the advancement of dietetics by contributing to the scientific knowledge and skills of the profession. Dr. Haynes, who is now a management consultant, was instrumental in organizing the Institute's Graduate Program in Dietetics.

Dr. Dwight R. Robinson, Physician in the MGH Arthritis Unit and Associate Professor of Medicine at the Harvard Medical School, is among this year's local recipients of research grants from the Arthritis Foundation/Massachusetts Chapter.

The Division of Dermatopathology at the MGH has been elected to the World Health Organization as a member group. This is the first time in the World Health Organization's history that it has accepted a group of pathologists. **Dr. Martin C. Mihm, Jr.** is the Chief of Dermatopathology at the MGH.

John Locke, Ph.D., Director of the Neurolinguistics Laboratory of the MGH appeared on the Channel 7 Health News Update hosted by Dr. Alan Xenakis. Dr. Locke spoke on dyslexia and the recently inaugurated Center for Research on Reading and Writing Disorders, a joint project of the Neurolinguistics Laboratory and the Landmark School.

Dr. John Locke

Annie L. Galbraith, former Director of the Department of Dietetics at the MGH, is the recipient of the American Dietetic Association's 1988 Marjorie Hulsizer Copher Award. The Copher Award is the highest honor be-

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Glasnost brings Soviets to the Treadwell

A member of a Soviet delegation visited the Health Sciences (Treadwell) Library last month as part of an exchange program featuring traveling book exhibits between the United States and the Soviet Union. Jackie Bastille, MLS, Director of the Health Sciences Library, gave Aleksandr Georgiyevich Gvozdiyevskiy, an Editor at "Mir" Publishers in the Soviet Union, a tour of the Treadwell and explained MGH cataloguing systems.

The book exhibit, entitled ***"The USSR: Perestroika and Glasnost"***, is the first such exchange in history and is hoped to promote mutual understanding and good will. Jointly sponsored by the U.S. Information Agency and the Soviet State Committee for Publishing and Printing, the book exchange will exhibit 1,000 books by Soviet authors in three cities in the United States including Boston, Washington D.C., and Los Angeles. The Boston exhibit is at the Boston Public Library. As well, an exhibit of 1,000 American books will tour the Soviet cities of Novosibirsk, Minsk, and Tbilisi.

Mr. Gvozdiyevskiy was one of six bilingual guides from the Soviet Union who accompanied the exhibit and visited libraries around the city including the Treadwell. Ms. Bastille provided Mr. Gvozdiyevskiy with an overview of the Treadwell collection and explained the library's computer and cataloguing systems, the Medline database, and how librarians do on-line database searches for researchers. "I wanted to be able to participate in this as a gesture of our acceptance of the Soviet policy of openness," commented Ms. Bastille.

What's happening

Health and Wellness events from Employee Health Service

Employee Health will provide one-hour, lunch-time sessions for parents and those contemplating parenthood. All seminars are in Ruth Sleeper Hall, room 080 at noon. No advanced registration is required. Many programs are part of the March of Dimes "Babies and You" series. A seminar entitled ***"Danger: Tobacco, Drugs, and Alcohol During Pregnancy"*** will be conducted on November 28.

Employee Health offers ongoing aerobics classes for MGH employees. Classes are conducted in Ruth Sleeper Hall, basement room 020, and change rooms and showers are available for both men and women. A mirrored exercise room features dance bars and a high quality aerobics floor. Classes are $3.00 each.

The American Cancer Society's smoking cessation program, ***Fresh Start***, offers five one-hour sessions beginning on November 23, Sessions are from 4:15 - 5:15 p.m., and pre-registration is required. The group program focuses on behavior modification, education, and relaxation techniques. To register or receive information about other Employee Health Service programs call ext. 1625.

Name that department

The Maintenance Department has taken on a new name. To more appropriately describe the function of the department, it is now called Building and Grounds.

Nursing Honor Society open for membership

The international nursing honor society Sigma Theta Tau, Alpha Chi Chapter, has begun its membership drive. Applications are now being accepted and the deadline is December 1. For more information or to receive an application, contact Loretta Higgins, Boston College School of Nursing at 552-8814.

Clinical practice moves

The MGH Womens Health Associates has moved to expanded quarters at 60 Staniford Street. Their phone number is 726-8420.

Volunteers needed

The Reproductive Endocrine Unit has an immediate need for healthy women, ages 18-40 years, with regular menstrual cycles and taking no medications, to participate in ongoing research studies. Compensation is available and there are opportunities for repeat studies. Call Helen at ext. 5387 for details.

Pastoral Care Week at the MGH

The MGH Department of Pastoral Services observed National Pastoral Care Week last month. The theme of the week was ***"Pastoral Care: Persons for Persons."*** The MGH observance featured addresses by The Rev. Carl Scovel, Pastor of King's Chapel; Dr. Ruth Purtilo, Sherrill Professor of Ethics at the MGH Institute of Health Professions; and Dr. Herbert Benson of the New England Deaconess Hospital. The Reverend Dr. Phillip King is Director of the Department of Pastoral Services at the MGH.

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The MGH has begun re-paving Fruit Street, which runs between N. Grove and Charles Streets. Soon MGH employees who take this route will have a smoother sail to and from work.

Dietetics association honors Institute graduate

Debra Jordi Goldstein, M.S., R.D., a former graduate student at the MGH Institute of Health Professions, is the recipient of the Mary P. Huddleson Award for an article she published in the Journal of The American Dietetic Association. Ms. Goldstein received the award for her Master's thesis entitled, ***"The Effect of Urea Kinetic Modeling in the Nutrition Management of Hemodialysis Patients,"*** published in the April 1987 issue. The paper examined the use of urea kinetics, a dialysis prescription method which contains a strong nutritional component and is used to individualize dialysis therapy. "My research evaluated the guidelines Renal Dietitians use to educate and assess patients and found that urea kinetics integrates medical and nutritional input in a balanced way to enhance patient care," said Ms. Goldstein.

Mary Carey, Ph.D., R.D., Professor and Director of the Graduate Program in Dietetics at the Institute, says the Huddleson award, given for a refereed paper published in the journal, is usually awarded to experienced researchers and practitioners. "Only one article is chosen each year for excellence," said Dr. Carey. "It says something about the quality of her research and the quality of her writing for publication that she was honored in this way."

Ms. Goldstein received her Master's Degree in Dietetics from the MGH Institute of Health Professions in 1986. She is currently a Renal Dietitian Specialist at St. Elizabeth's Hospital in Boston. Catherine B. Frederico, coauthor of the article, is a nutrition consultant.

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Doris G. Schreckengaust, *Copy Editor*

Photos processed by MGH Photo Lab

CD4

from page 1

"We do not want to raise any undue expectations about the beneficial effects of CD4 in people in these early clinical trials," said Robert T. Schooley, M.D., a member of the Infectious Disease Unit at the MGH and principal investigator of the patient trials. "We are testing a new concept that worked in the laboratory. This drug should be viewed as one that, *if* it works well, will slow or reverse the ability of the virus to cause damage to the immune system."

Cedars-Sinai Medical Center in Los Angeles is also participating in the CD4 patient trials, under the direction of David D. Ho, M.D. Dr. Ho, formerly of the MGH Infectious Disease Unit, is an Assistant Professor of Medicine at the University of California, Los Angeles.

Both hospitals are National Institute of Allergy and Infectious Diseases (NIAID) AIDS Clinical Trials Units, part of a national collaborative drug program which conducts trials of experimental therapies for AIDS.

CD4 is a surface molecule on many of the immune system cells (particularly lymphocytes). To infect, the AIDS virus first binds to the CD4 receptor in order to gain entry into a cell. Using genetic engineering, Biogen researchers created a free-floating version of the CD4 receptor, which is designed to act as a decoy, luring the AIDS virus to bind to it rather than the natural receptor.

"Although we still have a great deal to learn about the way the drug works, we suspect that once the virus binds to the free-floating CD4, it is much more difficult for it to infect the cell," said Dr. Schooley, who is also an Associate Professor of Medicine at Harvard Medical School.

Supported in part by the National Institutes of Health, the MGH and Biogen have tested the CD4 compound in the laboratory

continued on page 4

Lithotripter

from page 2

The clinical trials, which have received approval by the FDA, have several purposes:

- To determine the safety and usefulness of lithotripsy for gallstones and to determine which patients would benefit from it instead of surgery;
- To judge the quality and safety of the Dornier machine;
- To analyze the need for bile salts to dissolve remaining gallstone fragments.

Administrators at the MGH say the lithotripter symbolizes the trend in medicine toward use of high-technology equipment to offer the most effective treatment.

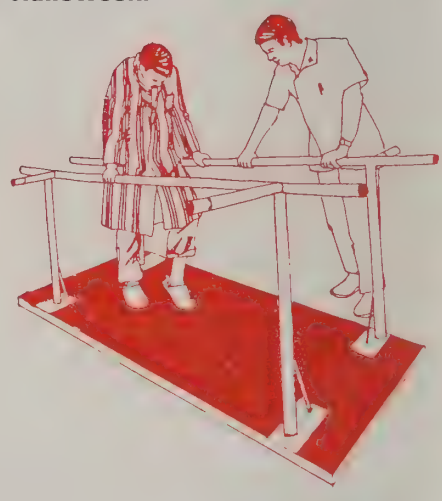
What's happening

from page 3

Operator! Can you help me make this call?

In the Duke's absence, Acting Governor Evelyn Murphy declared one week in October, Telephone Operator's Week. In honor of the occasion, George Levesque, Director of Communications, presented his staff with a flower arrangement and provided the party fare for a proper good time. MGH operators handle more than 3,500 calls daily and provide coverage for all types of emergencies including code calls, diaster calls, and elevator intercoms. Pictured here are (left to right) Leona Certusi, Pamela Rivera, David Cummings, Kathy Pierre, Dana Ferguson, and Mary Luce.

Carol Conti (left) and Dorothy Olympia (right) of clinical Administration joined the newest MGHer, Matilda of Salem. Matilda was a temporary employee, here just for Halloween.



The MGH Physical Therapy Community, including therapists from the MGH PT Department, the Cardiopulmonary PT Department, the Graduate Program in Physical Therapy at the MGH Institute of Health Professions, and Physical Therapy Associates, celebrated National Physical Therapy week last month.

Events included posture screening for MGH employees, demonstrations of isokinetic exercise machines, displays on research in Physical Therapy, and information on exercise.

Making General Headlines

Dr. Steven M. Reppert interviewed by **ABC Radio**, the **London Times**, the **London Telegraph**, Boston newspapers, and **WROR** on circadian rhythym.

Dr. Henry J. Mankin, Chief of Orthopaedics, and a bone allograft patient interviewed by **Good Morning America** on bone allograft surgery.

CNN interviewed **Dr. Jack E. Farnham** of the Allergy Unit on a pollen study he carried out in New Hampshire.

Dr. David R. Gastfriend, Chief of the Alcohol and Drug Clinic, interviewed by **Boston Women's Magazine** on techniques of treating drug abuse.

Dr. Robert T. Schooley of Infectious Disease interviewed by **Channels 5 and 56, The Boston Herald, The Boston Globe, Associated Press**, and **United Press International** on patient trials for CD4, a drug developed to treat AIDS.

Patrick E. McCarthy, President of the MGH Institute of Health Professions, interviewed by the **Boston Globe** about the Institute's role in nursing education.

Dr. Arthur J. Barsky of Psychiatry interviewed by **Channel 4**, and numerous national media outlets on exercise and health among Americans.

Dr. Martin B. Keller of Psychiatry interviewed by **Time Magazine** and **People Magazine** on manic depressive disorder.

Dr. Joseph F. Simeone of Radiology interviewed by **Channel 4** on the use of a drug to dissolve gallstones.

Dr. Barsky interviewed by **Potential**, a national publication, on his book, "**Worried Sick.**"

Harold J. Demonaco, Director of the Pharmacy, interviewed by **The Tab** on generic vs. brand-name drugs.

Dr. David B. Herzog, Director of the Eating Disorders Clinic, interviewed by **Newsday** on a study showing that bulimia is less common than many physicians believe.

CD4

from page 3

for the past one and a half years. In work published by *Nature* in January of this year the Biogen and MGH researchers showed in the test tube that CD4 blocked both direct infection of cells and cell-to-cell transmission of the virus. The drug was then tested for toxicity in both rodents and primates and was well tolerated. In addition to Dr. Schooley, other MGH investigators involved in CD4 studies are Drs. Martin S. Hirsch, Victoria A. Johnson, Maureen R. Tierney, and Bruce D. Walker.

AIDS and ARC patients wishing more information about their eligibililty for CD4 patient trials should call Teri Flynn, R.N., Massachusetts General Hospital Infectious Disease Unit, 726-3819.

In General

from page 2

stowed upon a member of the American Dietetic Association. The ADA recognized Ms. Galbraith for her distinguished career in health care as a dietician, administrator, and educator. Ms. Galbraith, who is a former president of the ADA, received the award at the ADA's 71st Annual Meeting held in San Francisco last month. In her acceptance speech Ms. Galbraith directed remarks at dieticians beginning their careers. "We face kaleidoscopic opportunities—of increasing diversity and complexity," she said. "You will develop roles for dieticians that we didn't dream of forty years ago. Be a builder—if you have the heart to criticize, have the will to work!"

MGH HOTLINE

8 December 1988

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Bartlett 9, Extension 2206

Dr. Alexandra Beckett, Director of the Robert B. Andrews Unit.

Psychiatric unit for AIDS patients named for MGH employee

While recruiting participants for a study on how the AIDS virus (HIV) affects brain function, Dr. Alexandra Beckett noticed that many of the people she encountered needed psychiatric services. "I provided services," she remembered. "But it soon became apparent that more clinicians were needed."

The idea for a psychiatric clinic for people affected by AIDS soon took shape. "In the beginning the people I encountered were mostly those with AIDS or AIDS Related Complex (ARC). The first thing I did was to start a support group for people with ARC," said Dr. Beckett, who is an Assistant in Psychiatry at the MGH. "Since then, several other support groups have emerged including a group for women with HIV infection."

In search of a name for the unit, Dr. Beckett and her colleagues decided to honor the personal vision of someone with AIDS who had touched their lives. They named the newly created psychiatric unit for AIDS patients after Robert B. Andrews—an MGH employee from 1980 until his death last March; an activist in the gay community; a person who friends, colleagues, and acquaintances remember most for his compassion and commitment to helping people.

The Robert B. Andrews Unit officially opened last month with a reception and dedication ceremony attended by clinic professionals, MGH administrators, and friends and family members of Mr. Andrews. According to its founder and director, Dr. Beckett, who is also Instructor of Psychiatry at Harvard Medical School, the

continued on page 2

Since you asked

Employee Relations reports getting a bumper crop of questions for the "Since You Asked" program. Since the program began in mid-September, they have responded to over 50 questions ranging from inquiries about signage in MGH buildings to wage and salary issues, employee benefits, and child care.

Employee Relations thought they would be able to respond to questions within two weeks. However, due to the volume and the time involved in researching questions, it takes about three weeks for Employee Relations to supply answers. All questions and responses will be posted on bulletin boards throughout the hospital. New signage is being added to the boards to make them more visible.

Bulletin board locations for "Since You Asked" are as follows:

Main Campus:

Gray I (opposite the General Store
Gray Basement (next to the authorized bulletin board utilized for selling, renting, etc.)
White Basement (at the entrance to the General Cafeteria)
Jackson Lobby
Clinics I (next to Payroll and the check cashing window)

Other locations:

Revere Health Center (employee lounge)
Bunker Hill Health Center (employee lounge)
Chelsea Health Center (in the message center)
Somerville (main lobby, vending machine area)
MGH East (7th floor, job posting area)
River Street (lobby)

Please type or legibly print your questions and place in a sealed envelope. Address questions to "Since You Asked," and utilize the in-house mail service.

Occasionally, as space permits, The Hotline will print "Since You Asked" questions which have already been posted by Employee Relations. Here are two such questions that have been edited to fit into the available space.

Question:

Why is the amount of tuition reimbursement less for graduate degrees than for basic education and undergraduate degree programs?

Response:

There is a limited amount of money budgeted each year for training and tuition reimbursement. Given those limited funds, it was decided that the emphasis must continue to be placed on

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Inside

Renovations
page 2

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page 3

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Celebration breakfast
page 4

MGHers win with a successful campaign

The MGH/United Way fund-raising effort was a resounding success. With five months left to donate, we have already raised more than we did last year. Preliminary tallies show that MGHers have contributed over $110,000 to the United Way—an accomplishment that will allow the Department of Social Services to benefit from a portion of the donations. Thanks to the new "Partners in Caring" program, a percentage of our contribution will be used right here at home to help families of MGH patients.

"The campaign has been wonderful—marked by enthusiasm, generosity, and the usual MGH willingness to go the extra yard," said Sally Millar, coordinator of the United Way fund-raising drive this year. "I would especially like to thank the United Way Task Force whose help was crucial to the effort.

"Our goal was to raise more money than we did last year, and we did that. We also wanted to have fun, and judging from the feedback I got during the celebration breakfast and the drawing, we accomplished that as well."

continued on page 2

Judy Newell, RN, picked the prize ticket for the United Way drawing. Sally Millar, RN, was there to announce the winners. See page 4 for photos of the celebration breakfast.

Andrews Unit

from page 1

patient-care service was established to address the needs of people with concerns related to HIV infection.

The Andrews Unit will provide services for people at risk, people who have tested positive for antibodies to HIV but do not yet have symptoms (asymptomatic seropositives), and people who have diseases related to HIV infections such as ARC or AIDS. The clinic will also provide services for the families, friends, or partners of HIV-infected persons.

"The idea came about in the late spring to name the unit for Bob Andrews," said Dr. Beckett. "He was a very important presence in this department—an administrator dedicated to patient care."

Mr. Andrews started working at the MGH in 1980 in the Medical Walk-In Unit. In 1982 he became the Assistant Unit Manager in the Department of Psychiatry and was promoted to Unit Manager in 1986. "He was always an advocate for patients and for the support staff," said Sean Ward, Business Manager in the Department of Psychiatry. "I think he saw himself in that activist role."

Mr. Andrews participated in an MGH study of gay men and tested seropositive for antibodies to the infection. As a result of this research MGH physicians have expanded their knowledge of AIDS by tracking its progression and examining how the immune system responds to the disease.

Mr. Andrews later wrote of the emotional turmoil caused by the discovery that he was HIV positive. In an editorial in the *Gay Community News* in 1984, he warned of the personal price exact-

Robert B. Andrews

ed by this knowledge.

Like Bob Andrews, there are many people touched by AIDS who need support in the face of devastating news. The Andrews Unit will provide individual and group psychotherapy, work with organizations such as the AIDS Action Committee to involve patients in community-based support groups, and provide psychiatric evaluation to assist the treatment of AIDS patients.

In addition, Dr. Beckett encourages patient-oriented research. She will continue to investigate psychiatric problems arising from HIV infection as well as explore pain syndromes in people with AIDS. She said, "I hope this is a place where we can ask questions that have meaning in terms of the quality of life."

Dr. Beckett feels that psychiatry has an important role to play in

continued on page 3

Lobby renovation includes winterization and new look

The world was shocked by what a good cleaning revealed on the ceiling of the Sistine Chapel. And what will we find when the scaffolding comes down from the interior of the White Building Lobby?—ambiance, new paint, a new information desk, more seating, and something you can't see—warmth. Yes warmth! That means that this winter, Information Desk employees won't shiver and shake all day.

The renovations to the White Building Lobby will involve complete winterization featuring a new ventilation, heating, and cooling system and a new entry vestibule with two sets of automatic doors to prevent wind from entering the lobby.

Renovations will occur in two stages. The first, due for completion by the first of the year, will include work on the ceiling, painting, installation of the ventilation system, and construction of a new information desk. The information desk will feature expanded counter space, a storage area for packages, and a small administrative office. A temporary desk will be erected on the opposite side of the lobby as construction continues. MGH Michelangelos will paint the lobby's ceiling white and the walls brownish copper.

It's time to winterize. The White Building Lobby is getting a makeover featuring new doors and a vestibule to keep the cold air out, a new ventilation system, more seating, a new information desk, and a paint job.

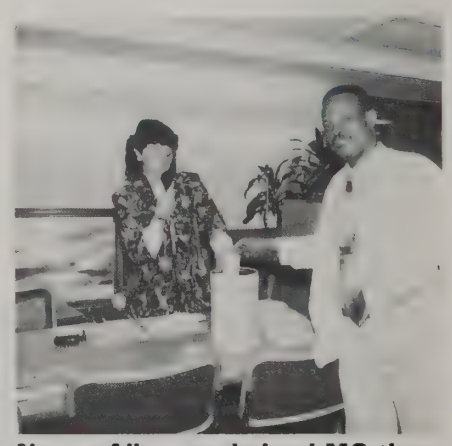
The second stage involves construction of the vestibule and installation of new doors. Crews will work on the lobby in sections to minimize inconvenience and loss of seating.

United Way

from page 1

Ms. Millar noted that in addition to the many people who made this year's fund-raising effort successful, special kudos go to those who donated goods and services for the drawing. They are: Mary Connaughton (Celtics tickets), the MGH Flower Shop (a silk flower arrangement), Dr. Bert Zarins (Patriots tickets), Linda Lass-Schumacher (aerobics class cards), Helen Doherty (free lunch vouchers for the MGH cafeterias), Karen Greenberg (a Ray Bourque Hockey Stick signed by the Boston Bruins), Catherine Cook and Jeff Davis (one month free parking at MGH and MGH East), The Wang Center/Boston Ballet (tickets to the Nutcracker), Carolyn Rodio (gift certificate for Rebecca's), the Ladies Visiting Committee (Artwork from the MGH Artwagon), Peter Cucchiara (gift certificate to The King & I), Lou Coulouras (gift certificate to Harvard Gardens), Susan Richards (gift certificate to the Hampshire House), Sherry Hines (free housecleaning from Merry Maids), Quindara Dodge (Boston Classical Orchestra Season Passes), The MGH Gift Shop ($25 gift certificate).

(names of winners on page 3)



Nancy Albanese helped MC the MGH/United Way drawing. Here she asks an MGHer to go for the gold.

Since you asked

from page 1

providing basic education and undergraduate degree programs, to provide educational benefits to as many people as possible. Every option to maintain a reasonable graduate reimbursement program was examined during the policy review period.

Question:

Dear "Since You Asked," are there any plans to label the entrance to the Old Clinics Building with large enough signs to be read from a distance? Many patients mistake this entrance for the MEEI lobby.

Clinics building employees often have to help lost patients, many with poor vision, find their way back to MEEI. Many of these patients ask cab drivers to drop them off at this entrance and it's difficult for them to negotiate the very poor sidewalks, or badly labeled Clinics elevators back to the MEEI.

Response:

At the time of your question there were no plans to look at signage in that area of the hospital. We posed your questions to administrators in the Planning Office, and they felt that it is an excellent idea. They have agreed to look into the possibility of providing better signage in that area of the hospital.

As Dr. Buchanan indicated at the last town meeting, work to improve the poor quality of the sidewalks has already begun. Although it is the city's responsibility to maintain public streets, the hospital is incurring this expense because of its desire to move forward on this important issue. (Editor's note: In fact, Fruit Street already has a new look. Workers have repaved the street and poured fresh sidewalks).

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Photos processed by MGH Photo Lab

Good neighbors keep you out of the cold

It's nice to have good neighbors. And Maria M. Kinsel fits the bill. Mrs. Kinsel, who lives in Charles River Park, noticed one windy winter day that MGH employees waiting for shuttle busses did not have a protected place to stand.

Mrs. Kinsel thought she could help and wrote several letters to hospital administrators suggesting a bus shelter. Jeff Davis, Director of Support Services, felt she had a good idea, found a shelter that was not being used and had it installed on Blossom Street.

Mrs. Kinsel is originally from Madrid and has lived in Boston with her husband, James Kinsel, for 16 years. She says, "I would watch out my window during the winter and see people waiting in the cold for the bus after a hard day's work. I just wanted to do something to help."

From all of us who will huddle under that shelter this winter, thank you Mrs. Kinsel!

Mrs. Kinsel's idea for a shelter will keep some MGHers warm this winter.

Andrews Unit

from page 2

addressing the AIDS epidemic. She points out that though depression may be a natural result of finding that you are HIV positive, depression is a treatable ailment. "Anxiety, depression, isolation, and loneliness are issues we can help address," she said.

As well, the AIDS virus is known to attack the nervous system. "Personality changes or subtle changes in mental status that we can't understand might be written off as stress," she said. "However, this may represent a physical complication of the illness. Psychiatrists can be very helpful in delineating what is physical and what may require a physical intervention such as medication."

Mr. Andrews had a long history of activism in the gay community. He helped found the AIDS Action Committee. He worked with the Gay and Lesbian Defense Fund and was on the staff at the *Gay Community News*. And he sought early on to raise awareness in the gay community about AIDS. "He was well aware of the AIDS issue and the consequences of getting the disease," remembered Mr. Ward. "And he had a lot of sensitivity for other people. That's why people remember him as they do. That's one of the memories I have of him—how well he was able to communicate with people and understand."

The Robert B. Andrews Unit will provide crucial services to people who must face a despairing illness. It will provide a forum for much needed research that may yield important insights into the treatment of AIDS. But for people who knew Bob Andrews, it is a tribute to the high standard of caring he set for himself. "For those of us who knew him and worked with him, it was a great loss," said Dr. Beckett. "This was a way to remember him and hopefully do something in his memory that is in keeping with his ideals."

What's happening

Christmas cards from the MGH kids

Looking for a unique holiday greeting card to send to family and friends? The Pediatric Nursing Service has just what you're searching for—cards designed by pediatric patients at the MGH. There are three card designs to choose from and each has a nondenominational greeting inside. A holiday postcard is available as well. The price is $10.00 for 20 cards. Proceeds will benefit the Pediatric Nursing Service. Cards are on sale December 8 and 9 in the WACC Building Lobby. Cards are also available from Mary Doherty in the Pediatric Nursing Office on Burnham 5, ext. 3123.

Time to update the MGH Directory

The 1989 edition of the MGH Telephone Directory is in the works. Please submit all changes, additions, or deletions for the directory no later than December 30, 1988. In order to minimize the possibility of error, all information should be typed in the following format:

Last name, first name (27 character limit)
Smith, John

Extension (10 character limit)
2000

Department (16 character limit)
Communications

Location (8 character limit)
White 13

Mail all correspondence to Pamela Rivera, Communications Department, White 13. Questions? Call extension 2086.

Research study needs volunteers

MGH researchers need volunteers for a March of Dimes-sponsored study on children exposed to anti-seizure medications while in the womb. Children 6 years of age and older whose mothers took anti-seizure medication during pregnancy are appropriate. Unexposed children are also needed for comparison. The purpose of the study is to determine if such children have an increased likelihood of minor facial abnormalities and/or learning problems. The children will receive orthodontic, neurological, and learning skills evaluations. For more information call Dr. Lewis Holmes or Debby Stockdale at ext. 1742.

Reception for Dr. Thibault

A farewell reception in honor of Dr. George E. Thibault will be held Thursday, December 15 from 4:00 - 6:00 pm in the Walcott Rooms. Dr. Thibault has accepted the positions of Chief of Medicine at the West Roxbury and Brockton Veterans Administration Hospitals and Vice-Chairman of Medicine at the Brigham & Women's Hospital.

Christmas Sale

The General Store and the WACC Gift Shop are sponsoring a Christmas Bazaar on Tuesday, December 20, 1988 from 10:00 am - 2:00 pm in the WACC Building Lobby. Come join us and complete your Christmas shopping.

Three blind mice

(Left to right) Karen Hopcia, Maria Forcellati, and Donna Cutillo won a Halloween costume contest for their zany aerobics gear. Employee Health staged the workout and the laugh-in.

United Way

from page 2

Congratulations to the following MGHers who won prizes at the MGH/United Way drawing:

Sheila Anzuoni, Risk Management
Linda Ardisson, Thyroid Laboratory
Sibylle J. Barlow, Medicine
Evelyn Bonander, Social Service
Ieva Broks, Ambulatory Care
Alan Carver, Psychiatry
Jean Delaney, RN, Gastrointestinal Laboratory
Dr. Dan Ellis, Quality Assurance
Jeff Fearon, Surgery
Terri J. Keyes, Credit and Collection
Pin Lee, Pharmacy
Judy P. Locke, Laboratory of Computer Science
Margaret A. Matthews, RN, Blood Transfusion Service
Nancy Novak, Facilities Engineering
Margaret Pate, Budget & Cost Accounting
Wayne Rollins, Pharmacy
Dr. Sockin, Clinical Immunology
Hau T. Tran, Medical Records
Tom Valley, Operating Room
Jim Waggett, Biomedical Engineering

The monster that ate the MGH

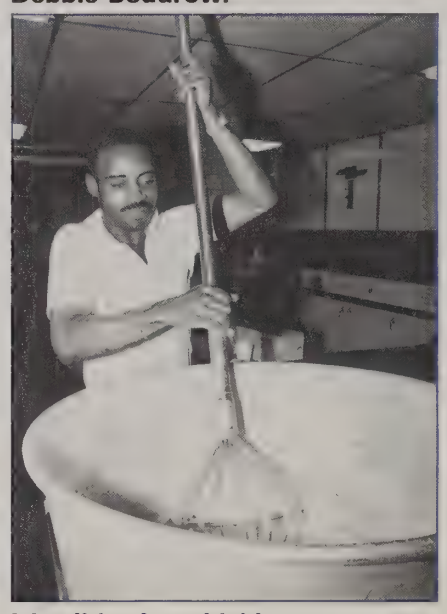
A ravenous creature descended on the MGH main cafeteria on Thursday morning, November 10. Its growling stomach shook the very foundations of the hospital. But Susan Barraclough, Manager of Food Service and Production in the Department of Dietetics, is not one to be caught unaware. She was ready. She expected the visit.

The night before she had directed her staff to ready a hefty cache of eggs, oodles of pastries, and a river of fruit juice. But when it was nearly over, this creature had devoured 4,900 eggs. If you lay 4,900 eggs end to end they would reach over three times the height of the new MGH tower. And the creature kept eating. It consumed 300 lbs of sausage, 6,000 pastries, and over 300 gallons of fruit juice.

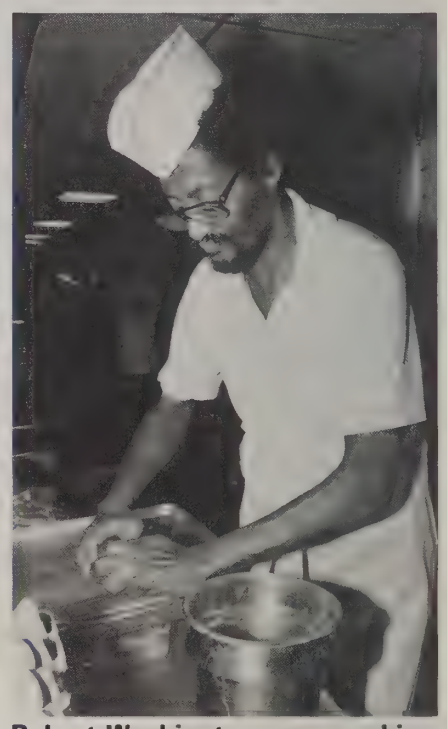
Of course the "creature" was really the mob of MGHers who enjoyed the free celebration breakfast that ended the MGH/United Way fund-raising drive last month. The breakfast was in recognition of a successful campaign and came compliments of Nursing, Social Service, Dietetics, Human Resources, Administration, and the Board of Trustees.

Helen Doherty reported that over 3,000 MGH employees were served. Department of Dietetics employees showed their mettle by managing the extra load at breakfast while preparing lunch on schedule as well. Early on, Sally Millar, coordinator of the United Way fund-raising effort, had to comfort employees who became confused when they came out of the breakfast line to discover the complete absence of cashiers. But soon the news had spread, (This wasn't a dream. It was truly a free breakfast.) and the line to the cafeteria snaked up to 30 feet long.

Behind the scenes things were cooking. **Department of Dietetics employees scrambled 410 dozen eggs for the celebration breakfast recognizing a successful MGH/United Way fund-raising campaign. Pictured here (right to left) are David Evans, Jimmy Young, and Debbie Boudrow.**



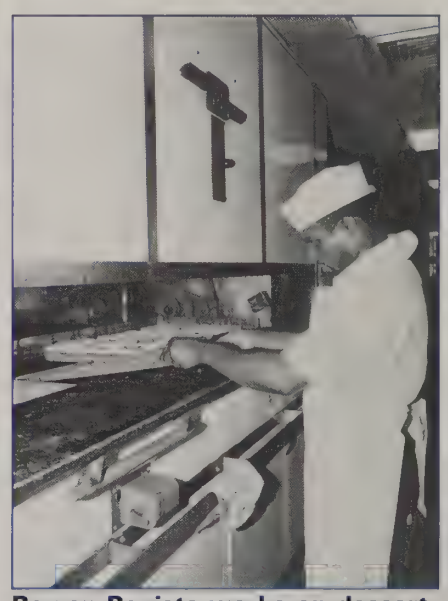
It's all in the whisk!



Robert Washington was cracking them up.

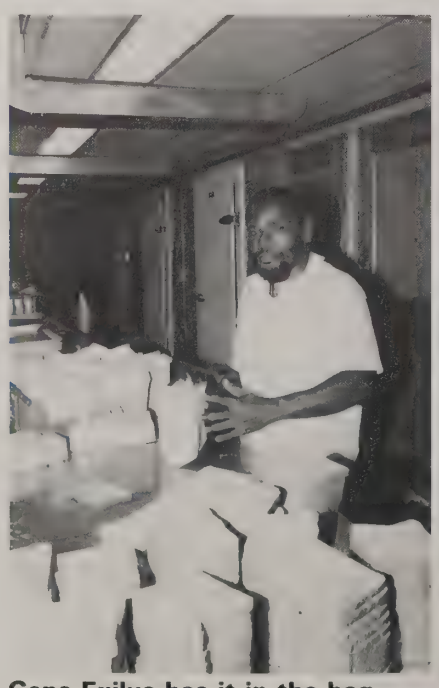
Helen Doherty(right), Director of the Department of Dietetics, and Helen Dunbar joke with some of their hungry customers.

The line went on and on. But the smell of sausage frying kept them coming.



Rowan Bapiste works on dessert. For him, it was business as usual.

Here are three MGHers who had their fill at the celebration breakfast.



Gene Exilus has it in the bag.

And meanwhile, though breakfast was in full swing, there was still lunch to prepare. Shaylene Kydd (left), makes tuna salad while Steve Leech cranks out the cookies.

Happy Holidays

MGH HOTLINE

22 December 1988

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Research facilities dedicated to Lawrence Martin

The new research facilities at the Charlestown Navy Yard were dedicated this month in ceremonies at the site as the Lawrence E. Martin Laboratories.

Mr. Martin is the Associate General Director of the MGH and has served the hospital since 1949. Because of his long-time association with the institution and his central role in its development over recent decades, many at the hospital refer to him as "Mr. MGH."

Dr. J. Robert Buchanan, MGH General Director, spoke briefly at the ceremony and Mr. Nicholas Thorndike, Chairman of the Board of Trustees, and Mrs. Dorothy Martin unveiled a portrait of Mr. Martin. Colleagues, friends, and family members of Mr. Martin filled the atrium of Building 149 to standing-room-only capacity.

The hospital is now committed to occupy 400,000 square feet of space in the Navy Yard's Building 149 on the first and fifth through tenth floors. This will much more than double the research space the hospital has accumulated since its founding in 1811. The move from the hospital's main Boston campus, begun earlier this year, was necessary to accommodate the rapidly expanding research activities—activities that represent the fastest growing area of the MGH budget, according to Dr. Ronald Lamont-Havers, Director of Research Affairs for the hospital.

The MGH research budget grew from $650,000 in 1960 to $79 million in 1987 and is expected to double by 1993. Research funds come from governmental,

continued on page 2

At a dedication ceremony in his honor, Lawrence E. Martin thanks those who have helped make his 39 years at the hospital fruitful ones.

Santa Claus came to town

SShh....Santa erected a helipad on top of the White Building last week. I hear some errant reindeer crashed through one of the new glass panes on the inpatient care building. Those elves demanded a whole floor be cleared to become a temporary toy workshop. Dietetics ran out of eggnog. And ho-ho-ho kept ringing the halls reverberating walls until someone sent the weather service an earthquake alert.

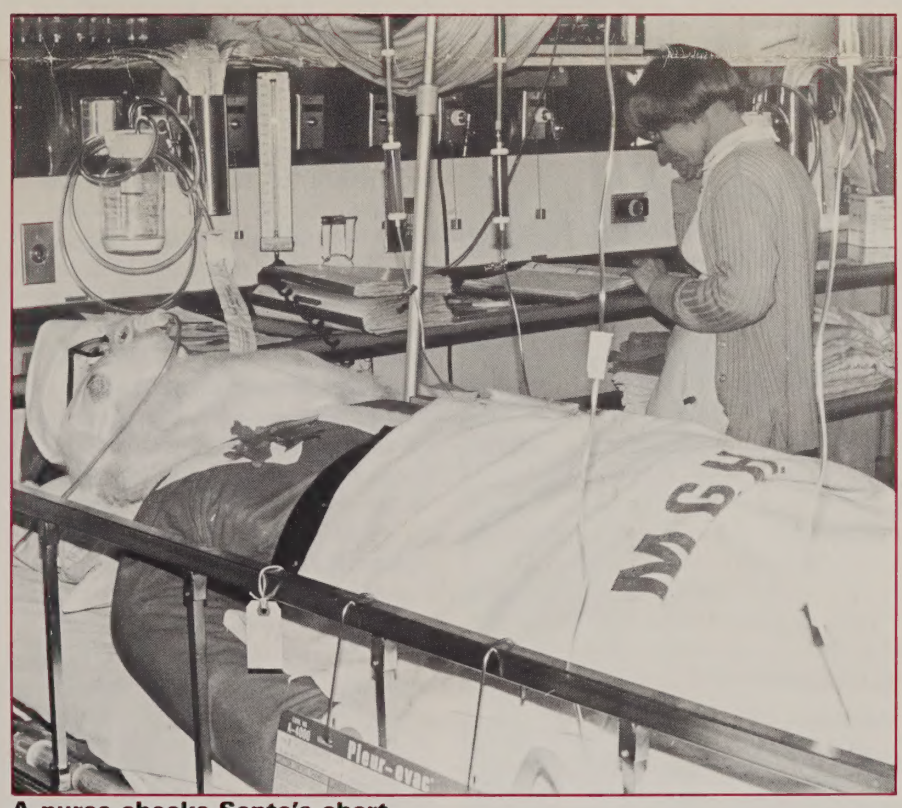
Yes he was here again. With just 18 shopping days left before Christmas, Santa had to be admitted to the MGH. Every year, since 1955, this elderly gentleman has come into the hospital with medical problems.

His case is always so unusual that it is presented at Medical Grand Rounds by the Chief Surgical Resident. Santa's medical record, patient unit number 000-00-00, consists of three volumes of observations, lab tests, and medical diagnoses. Everyone gets in on the fun and does everything possible to get Santa up on his feet in time for the deliveries he must make on Christmas eve. Santa's problems have been numerous. For those who haven't had time to chuckle over his chart, here is part of his story:

Santa came to town last week for his 33rd admission to the MGH.

He was on White 7, Room 734, keeping them laughing and asking for more.

The poor man has suffered ills of all sorts, from yuletide exhaustion to inhalation of soot.



A nurse checks Santa's chart.

He's been assaulted by thieves trying to steal his sled, and somehow he once got a TV antenna lodged in his head.

He gets stuck in the chimney because of his width, but the jelly in his belly is only a myth.

They've called Psychiatry over the years because Santa has had delusional fears that he doesn't exist, that he's just a tale, an idea that makes me quail.

And now the old gentleman seems down on his luck. I think it's time he had a tummy tuck.

But this year that isn't the case. Alas, he's been victim to disaster by sleigh.

He tried to land, but his approach was too low. He had to pull out quick. It was quite a show.

Physical Therapy has gotten into the game with splints and contraptions to relieve his pain.

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Win at the losing game

When Oprah Winfrey pranced on stage last month, pushing 67 pounds of animal fat in a wheel barrow, wearing size ten jeans, and praising the Optifast diet, millions of Americans looked on in wonder and envy. Some got up from their couches and stepped on their scales, many found the nearest mirror, and others promised, prayed, plotted, and resolved to lose those extra pounds. Indeed millions more Americans got the weight loss religion.

But unfortunately, though many will lose weight, most won't keep it off. "Losing weight is hard, and keeping it off is even harder," says Mary Kay Fox, M.Ed., R.D., Manager of the MGH Nutrition Service.

So when you think of New Year's resolutions, why not think

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MGH HOTLINE

Mary Kay Fox, M.Ed., R.D., Manager of the MGH Nutrition Service, advocates a livable way to win at weight management.

Martin dedication

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foundation, and industry sources and thus do not impact the patient-care budget. Since the funding comes almost completely from other states, it adds considerably to the Massachusetts economy.

Two major sections of the research undertakings are the MGH Neuroscience Center, and the MGH Cancer Center, the largest such program in New England.

Dr. Kurt J. Isselbacher, Cancer Center Director, has emphasized the interdisciplinary nature of the center's focus, combining surgery, medicine, radiation therapy, immunotherapy, chemotherapy, pathology, and other fields in the fight against cancer. Dr. Isselbacher looks forward to creating "one of this country's leading cancer centers" at the facility, where the center will occupy almost 50,000 square feet of space.

The Neuroscience Center, a unique research tripartite linking the fields of neurology, neurosurgery, and psychiatry, fosters interdisciplinary study of the brain and the development of treatments of neurologic and psychiatric diseases. The center is headed by Joseph B. Martin, M.D., Ph.D., also Chief of the MGH Neurology Service, and by co-principal investigator James Gusella, Ph.D.

Dr. Martin has said that recent blurring of the boundaries among neurology, neurosurgery, and psychiatry have pointed to the need for the interdisciplinary approach to this array of diseases. The enlarged quarters in the Navy Yard building will help improve the interaction among scientists, he said.

The Neuroscience Center comprises 75,000 square feet in the Martin Laboratories facility and combines the activities of 11 MGH laboratories. Initially, more than 100 scientists, Fellows, students, and support staff will be located at the new Neuroscience Center.

The Lawrence E. Martin Laboratories will house a variety of additional research activities as well.

Winning

from page 1

about a revolutionary way of losing weight. But don't go on a diet, change your life instead. Researchers estimate that at any given moment 20 million Americans are on a diet. And the majority of them will regain the weight after it's lost. To really win at the weight management game takes fundamental changes in life-style and habits.

Winning at the Losing Game, a 12-week weight management program offered by the MGH Nutrition Service, can help participants make some of those changes. Sarah Coffey, of Marblehead, participated in the program with her husband Vernon last spring. "I had been on all kinds of diets," she says. "But when I would lose the weight, I would just gain it back again. This program is the best thing I've ever been on. I now walk every day, and we've joined a health club. I've thrown all of my diet books away."

The Winning at the Losing Game program has three components: Nutriworks, Selfworks, and Bodyworks. Nutriworks focuses on nutrition. From facts about fat to clues on cholesterol, this section teaches participants guerilla tactics in the jungle of food choices. "Nutriworks teaches you what kinds of foods to eat, and how much," says Ms. Fox. "But instead of just counting calories, we take a more comprehensive approach to healthy eating."

The Selfworks section of the class seeks to identify problem habits, behaviors, and attitudes. "I think the biggest problem with weight management is that you have to change habits. And changing any kind of habit is difficult," says Ms. Fox. "Many people struggling to lose weight have to overcome a lot of history, many negative experiences, past failures, and self defeating behaviors and attitudes."

It has become increasingly clear that exercise is one of the most important components of a weight management program. Bodyworks features aerobics exercise supervised by a registered physical therapist and geared to the level and needs of the class. In Bodyworks, participants learn relaxation techniques and how to exercise safely and effectively.

A Winning Quiz

True or False

1. _____Continual use of very low calorie diets without exercise can actually alter the body's metabolism and make it more difficult to lose weight.

2. _____Weight that is lost rapidly is usually made up of fat, with a little bit of water and lean muscle tissue.

3. _____In order to keep track of weight loss progress, it is best to weigh oneself at least once a day.

Answers: True/False/False

Ms. Fox feels that programs like Optifast are not for everyone. "These types of programs may have a place, but for a particular group of people," says Ms. Fox. "For those people who are very overweight or for a person who has an acute medical problem and has to get the weight off quickly, Optifast might be appropriate. However, this should not be the first choice for people who are 30 or even 50 pounds overweight. And even with Optifast, people still need to learn to eat better and be more active in order to keep the weight off."

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Neuroscience Center opens at Navy Yard

At a press conference last month the MGH announced the creation of a trailblazing Neuroscience Center at the hospital's new Charlestown Navy Yard facility. Joseph B. Martin, M.D., Ph.D., Chief of the MGH Neurology Service, has been named Director of the Neuroscience Center. He will also retain his Neurology Service title.

"It is widely recognized among neuroscientists that now is the time to take on the brain," said Dr. Martin. "At the MGH we have been very successful, notably in our work with neurogenetics, but also in a variety of other neurological problems. For those reasons, I felt strongly that the MGH should commit itself to a major, expanded effort in the neurosciences."

Eleven laboratories make up the Neuroscience Center.

The Molecular Neurogenetics

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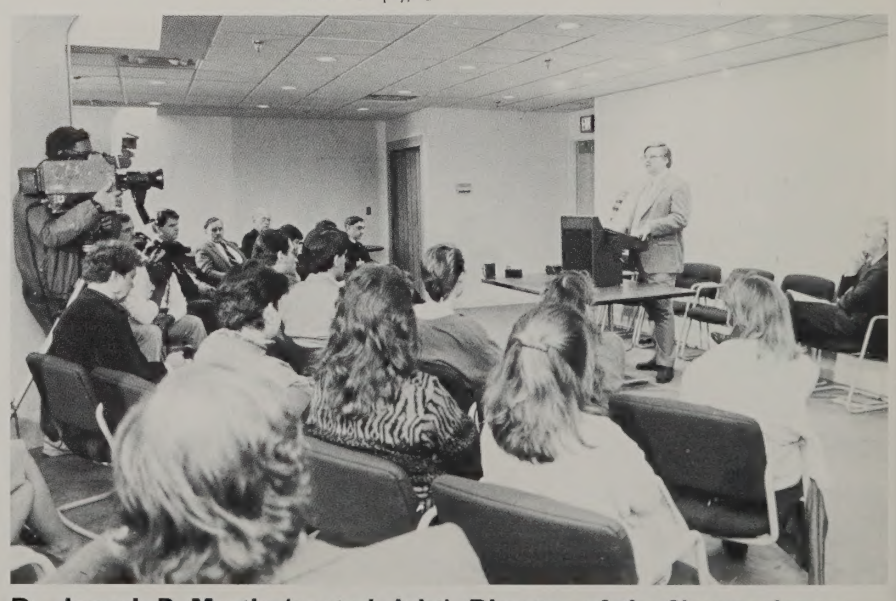
Andrea McClatchey, a technician in the Neurogenetics Laboratory at the Neuroscience Center, uses DNA sequencing to help map the location of the Huntington's disease gene.



Dr. Joseph B. Martin (seated right), Director of the Neuroscience Center, looks on as Dr. Gusella explains new directions in neurogenetics research to reporters.

Lord Bulfinch

He gets his nails trimmed once a week. His yellow coat occasionally requires a quick wipe with a damp cloth. He likes to have his picture taken. When the camera clicks he tilts his fuzzy yellow chin in childish arrogance—regal, aloof, the center of attention, and he loves it. He's Lord Bulfinch, Mary-Joe and Anthony Zingarelli's yellow labrador retriever, destined to be their prize show dog.

The Zingarellis met at the MGH, and after 23 years of marriage and 45 cumulative years of service to the hospital, they decided to have a bit of the Bulfinch at home in Haverhill. "Charles Bulfinch's architecture represents strength and longevity," says Ms. Zingarelli, an OR staff nurse. "It is balanced, functional, pleasing to the eye, traditional, and timeless. And these are the qualities breeders look for in a prize labrador. Lord Bulfinch is balanced in his conformation, strong, and we think he's going to have that old-fashioned English look."

Labrador retrievers were originally used by North Atlantic fishermen to retrieve fishing nets from the water. The fishermen used to brag about what good retrievers they were until an inlander challenged the dogs to a hunt. They performed well, hence their reputation as bird dogs.

Ms. Zingarelli has worked at the MGH for 18 years and attended the MGH School of Nursing. Mr. Zingarelli, a radiology technician in the OR, attended the MGH X-Ray School and has worked at the hospital for 27 years. "We named him after the Bulfinch Building because we feel such a strong relationship to the hospital," says Ms. Zingarelli.

Mr. Zingarelli had wanted a yellow labrador since the couple started breeding the dogs eight years ago. They acquired their first labrador when Mr. Zingarelli had a heart attack and a friend suggested that a dog would be just the impetus to get him out on long afternoon walks. The friend wasn't all talk, and he bought the Zingarellis a labrador retriever. Unfortunately the puppy was stolen at the airport. But the Zingarellis were hooked on the idea and later acquired a black labrador, Lady Licorice.

The brown-eyed buff-colored puppy, Lord Bulfinch, has already begun rudimentary obedience training but will attend school when he reaches eight months. And right now he's delving into community service. Ms. Zingarelli takes her dogs to nursing homes to do shows and tricks for the residents. What is now a tradition began when her father had surgery and as part of this physical therapy had to practice throwing a ball. She taught one of the labradors to retrieve the ball for him.

Bulfinch didn't have a task nearly so difficult. He had only to sit on several laps and enjoy numerous oohs and aahs. "Being involved with people helps socialize the puppies," says Ms. Zingarelli.

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Santa

from page 1

The labs, radiology, nurses and docs have done everything to keep Santa from shock.

The Chief Surgical Resident outlined his major complaints, his diagnosis, his history, the need for restraint.

In Bigelow they had the Grand Rounds. They prodded and poked and listened for sounds.

Like *HO-HO-HO,* and *To All Good Cheer, Have a Merry Christmas and a Happy New Year.*

The MGH HOTLINE is published twice monthly by the MGH News Office.

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Photos processed by MGH Photo Lab

Winning

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The benefits of weight management are numerous, from better health to improved self-esteem. For instance, diabetes, heart disease, back and joint problems, surgical complications, problems with pregnancy, and high blood pressure can all be related to excess weight. "But the good news," says Ms. Fox, "is that frequently just losing 20 or 30 pounds can help prevent the onset of these problems or bring them under better control."

Ms. Fox stresses that societal expectations of the perfect body should not be the sole motivation for losing weight. "Most people do feel better about themselves if they are able to lose weight," she says. "I wish Oprah Winfrey had talked more about the fact that if you lose even 15 pounds, you should feel better about yourself and be happy. Stop gaining weight, take off what you can, develop a healthier life-style, learn to eat better, feel better—you don't have to get down to a size 10."

The next session of Winning at the Losing Game begins January 18. Call the MGH Nutrition Service at 726-2520 for more information or to register. The Nutrition Service also has a similar program for children. As well, the Department of Physical Therapy will offer a modified aerobics program for MGH employees beginning January 9. Call Mary Alexander, PT, at 726-2963 for details.

Neuroscience Center

from page 2

Laboratory, directed by Dr. James Gusella, is the largest group to move to the Charlestown facility. Expanding from its cramped quarters in the hospital's Edwards Research Building, where researchers are literally tripping over each other due to lack of space, the group will not only be able to work efficiently, but will broaden the focus of its neurogenetics research on Huntington's disease, Familial Alzheimer's disease, neurofibromatosis, and other degenerative diseases where Dr. Gusella's group has already made breakthroughs, and take the necessary "next step" in the research. The group is also engaged in studies of Von Hippel Lindau disease, an inherited form of cancer.

The Charlestown move also brings scientists together who, until now, were physically separated though collaborating on several projects. Robert L. Martuza, M.D., of the MGH Neurosurgery Service , Xandra Breakefield, Ph.D., of the MGH Neurology Service and of the Eunice Kennedy Shriver Center for Mental Retardation, and Dr. Gusella will at last have shared laboratory space to work on their various collaborations in the genetic diseases.

In the newly created Laboratory of Molecular Neuropeptide Research, Director Michael Comb, Ph.D., and Steven E. Hyman, M.D., are studying how signals mediated by neurotransmitters (chemicals that transmit messages between nerve cells) can turn genes on and off in response to environmental stimuli. They will be joined by Stephen Fink, M.D., Ph.D., a neurologist.

The Laboratory of Neuroendocrinology, directed by Dr. Martin, will be expanded by recruiting new researchers with expertise in the role of neuropeptides in pituitary regulation.

The Cecil B. Day Center for Neuromuscular Research, headed by Robert H. Brown, Jr., M.D., Ph.D., and supported by the Day family, will recruit investigators to expand research projects in muscular dystrophy and other neuromuscular disorders.

The CNS Growth Factor Research Laboratory, directed by Seth Finklestein, M.D., is looking at proteins which promote the growth and differentiation of nerve and other cells in the brain.

The MGH Pain Center is prominently represented at the Neuroscience Center with three laboratories participating in a multidepartmental investigation of pain. This Program Project, funded by NIH, is directed by Charles E. Poletti, M.D., of neurosurgery. He also shares with Warren E. Foote, Ph.D., of psychiatry, codirection of the Laboratory for Pain Research which is studying head and facial pain.

The Pain Physiology Laboratory, directed by Raymond J. Maciewicz, M.D., Ph.D., is part of a new interdisciplinary effort to improve

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Deck the halls!

The Ladies Visiting Committee under the directorship of Lois Cheston, decked the halls of the MGH with bows of holly, Christmas trees in the main lobbies, garlands, wreaths and other colorful items designed to bring good cheer.

Mary Sanborn gives the windows of the MGH Gift Shop some Christmas spirit.

Michael Gangi, Manager of the Flower Shop, adds a smile to this festive array of flowers.

Neuroscience Center

from page 3

the understanding of the basic causes of pain and search for new treatments to alleviate the suffering of patients with cancer and other serious illnesses.

The Laboratory of Cellular Neurobiology, headed by Marian DiFiglia, Ph.D., is looking into the chemical and anatomical mechanisms involved in facial pain.

Under the leadership of Vivian Shih, M.D., the Kennedy Laboratory for Heritable Metabolic Disorders is studying enzymatic and molecular defects in some of these disorders. From this work could emerge new diagnostic techniques and treatments.

The Kennedy Laboratory for Developmental Neurobiology, headed by Verne S. Caviness, Jr., M.D., Ph.D., will be expanded with a continued focus on developmental problems of the nervous system.

The Center for Morphometric Analysis, codirected by Dr. Caviness, will employ state-of-the-art computer and image processing technology of magnetic resonance images (MRI) and positron emission tomography (PET). The work centers on the structure of the brain.

The Charlestown facility was designed so that the Neuroscience Center may continue to expand its research interests and recruit scientists. Dr. Martin, who is also Julieanne Dorn Professor of Neurology at Harvard Medical School, envisions additional interdisciplinary research, not only within the Neuroscience Center, but also with scientists across a wide spectrum.

Lord Bulfinch

from page 3

"they experience different sounds, different smells, and a different atmosphere. And it's wonderful for older people to have contact with animals." Ms. Zingarelli is treasurer and a board member of the Labrador Retriever Club of Greater Boston which sponsors the canine outreach program.

Lord Bulfinch, an American Kennel Club (AKC) registered labrador, will begin competing in dog shows when he is six months old. "He has the right qualitites to be a champion show dog," says Ms. Zingarelli. "But it all depends on what I as a breeder am able to bring out in him. It's just like the Bulfinch Building. Charles Bulfinch just gave us a structure. But the accomplishments of the people behind the MGH have given real meaning to the Bulfinch Building."

What's happening?

Christmas Carols

The MGH Christmas Band will lead caroling in the WACC Lobby from noon - 1:30 p.m. today and tomorrow. Instrumentalists are invited to join the band. Call Ms. Yolanta Kovalko in the Department of Pastoral Services at ext. 2220 for more information.

Jobline

The Office of Employment and Nurse Recruitment has instituted a 24-hour, 7-day-per-week job hotline. The jobline's purpose is to inform prospective and current MGH employees of openings at the Hospital, MGH East, the health centers, and the Somerville Warehouse. Call 932-5354 anytime to get the latest update.

Resolve to give blood next year

January is National Volunteer Blood Donor Month. During a month when blood supplies are traditionally low, the Blood Transfusion Service (BTS) is asking for donations from employees. The BTS is located next to the Gray Building Lobby. The service is open Monday through Thursday from 8:30 a.m. - 7:30 p.m.; Friday, 8:30 a.m. - 4:30 p.m.; and Saturday, 8:30 a.m. - 4:00 p.m.. The need for blood never ends. Be a regular blood donor.

Modified aerobics for MGH employees

The Physical Therapy Department is sponsoring a modified aerobics program for employees. The 12-week course begins on January 9 and meets Mondays, Wednesdays, and Thursdays from 5:30 p.m. - 6:30 p.m. in the Physical Therapy gym. The fee is $80. A physician's written referral is required for participation. Call Mary Alexander, PT, at ext. 2963 for details or stop by the department in WACC-128 for an application.

Winter-Term Course Offerings at the MGH Institute of Health Professions

Dietitians, nurses, physical therapists and other health professionals with bachelor's degrees are invited to take graduate courses at the MGH Institute of Health Professions. For information about these courses and others, contact the Special Student Admissions office, ext. 3140. The following is a partial listing of available courses.

Advances in Nutrition and Chronic Diseases
Health Care Policy and Politics Clinical Research
Manual Therapy: Extremities
Cardiopulmonary Rehabilitation
Sports Injuries II: Examination and Management
Living with Grief, Living with Death: Perspectives for the Clinician
Clinical Care of the Aged Person

Remember! It's time to update the MGH Directory

Please submit all updates to the MGH Telephone Directory as soon as possible. The deadline for updates is December 30, 1988. In order to minimize the chance of error, all information should be typed in the following format:

Last name, first name (27 character limit)
Smith, John

Extension (10 character limit)
2000

Department (16 character limit)
Communications

Location (8 character limit)
White 13

Mail all correspondence to Pamela Rivera, Communications Department, White 13. Questions? Call extension 2086.